

Children's Books about Depression and Anxiety



Galesburg Public Library
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Galesburg Public Library
Children's Room

Picture Books

Willy and the Cloud
E BROWNE, ANTHONY

Calm with the Very Hungry
Caterpillar
E CARLE, ERIC

This Beach is Loud!
E COTTERILL, SAMANTHA

When Sadness is At Your Door
E ELAND, EVA

Sad, Sad Bear!
E GEE, KIMBERLY

Leif and the Fall
E GRANT, ALLISON SWEET

Puppy in My Head: A Book About
Mindfulness
E GRAVEL, ELISE

Lion is Worried
E GRAVES, SUE

Little Mouse's Big Book of Fears
E GRAVETT, EMILY

Noni is Nervous
E HARTT-SUSSMAN, HEATHER

Wemberly Worried
E HENKES, KEVIN

My Monster and Me
E HUSSAIN, NADIYA

Ready for Anything!
E KASZA, KEIKO

The Whatifs
E KILGORE, EMILY

Michael Rosen's Sad Book
E ROSEN, MICHAEL

I Used to Be Afraid
E SEEGER, Laura Vaccaro

Don't Think About Purple
Elephants
E WHELAN, SUSAN

Jack's Worry
E ZUPPARDI, SAM

Easy Readers

The Worry Monster
ER RIPPIN, SALLY

What About Worms!?
ER WILLEMS, MO

Testing the Waters
ER YOLEN, JANE

Chapter Books

Look at Lucy!
JFIC COOPER, ILENE

Five Things About Ava Andrews
JFIC DILLOWAY

Joey Pigza Swallowed the Key
JFIC GANTOS, JACK

In Your Shoes
JFIC GEPHART, DONNA

The Science of Breakable Things
JFIC KELLER, TAE

The Year We Fell From Space
JFIC KING, AMY S.

The Notations of Cooper
Cameron
JFIC O'REILLY, JANE

Stanley Will Probably Be Fine
JFIC PLA, SALLY

Trowbridge Road
JFIC PIXLEY, MARCELLA

Naked Mole Rat Saves the Day
JFIC RIVERS, KAREN

Karma Moon—Ghost Hunter
JFIC SAVAGE, MELISSA

Justin Case: Shells, Smells, and
the Horrible Flip Flops of Doom
JFIC VAIL, RACHEL

Anxious Adam Braves the Test
JFIC VENTURA, MARNE

Frazzled: Everyday Disasters and
Impending Doom
JFIC VIVAT, BOOKI

Juvenile Nonfiction

Follow Your Breath: A First Book
About Mindfulness
J 152.4/RIT

The Worry (Less) Book
J 152.46/BRI

What to Do When You Worry Too
Much
J 155.412/HUE

Sometimes I Feel Anxious
J 155.412/JAY

All About Anxiety
J 155.412/LEW

Feeling Nervous
J 155.4124/BUL

Sad Isn't Bad
J 155.93/MUN

A Book About Depression
J 616.8527

Depression
J 616.8527/SPI

Bipolar Disorder and Depression
J 616.895/GOL

Medikidz Explain Depression
J 618.92/CHI