

# Children's Books about Depression and Anxiety



Galesburg Public Library  
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**Galesburg Public Library**  
**Children's Room**

## Picture Books

What If?  
E BROWNE, ANTHONY

This Beach is Loud!  
E COTTERILL, SAMANTHA

When Sadness is At Your Door  
E ELAND, EVA

Lion is Worried  
E GRAVES, SUE

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

Nonie is Nervous  
E HARTT-SUSSMAN, HEATHER

Wemberly Worried  
E HENKES, KEVIN

Ready for Anything!  
E KASZA, KEIKO

Michael Rosen's Sad Book  
E ROSEN, MICHAEL

Don't Think About Purple  
Elephants  
E WHELAN, SUSAN

Jack's Worry  
E ZUPPARDI, SAM

## Easy Readers

The Worry Monster  
ER RIPPIN, SALLY

## Chapter Books

Look at Lucy!  
JFIC COOPER, ILENE

Joey Pigza Swallowed the Key  
JFIC GANTOS, JACK

The Science of Breakable Things  
JFIC KELLER, TAE

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

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

Anxious Adam Braves the Test  
JFIC VENTURA, MARNE

## Juvenile Nonfiction

Let's Talk About Feeling Sad  
J 152.4/HEL

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

Sad Isn't Bad  
J 155.93/MUN

Bipolar Disorder and Depression  
J 616.895/GOL

Medikidz Explain Depression  
J 618.92/CHI