

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

The Whatifs
E KILGORE, EMILY

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

Five Things About Ava Andrews
JFIC DILLOWAY

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.

Stanley Will Probably Be Fine
JFIC PLA, SALLY

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

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

Sad Isn't Bad
J 155.93/MUN

Depression
J 616.8527/SPI

Bipolar Disorder and Depression
J 616.895/GOL

Medikidz Explain Depression
J 618.92/CHI