

Check out with mental health themes from [Inclusive Services!](#)

Check out these books:

Children's Fiction

Growing Pangs by Kathryn Ormsbee. Illustrated by Molly Brooks with color by Bex Glendining and Elise Schuenke. [J FIC Ormsbee](#)

Katie's, who is light skinned, anxiety and OCD get worse as she goes to camp with her friend Kacey and then has difficulties with Kacey. With her family's support, she discovers the issue and starts to get help.

Living with Viola by Fosena Fung. [J FIC Fung](#)

This graphic novel follows Livy, a Chinese American middle-schooler, as she deals with Viola, the OCD and anxiety voice in her head. Things change when she finally gets help. A gripping story with vivid, engrossing illustrations.

Manny's Mood Clouds by Lourdes Ubidia. [J-E Ubidia](#) Ages 4-7.

Follows the journey of Manny, a young boy with dark skin, from his diagnosis of a mood disorder to treatment. Different colored clouds are used to visual his moods as his brother Elijah, and my extension the reader, learns how to support Manny.

Violet Shrink by Christine Baldacchino. Pictures by Carmen Mok. Ages 6-8. [J E Baldacchino](#)

Violet, a white girl, talks to her father about how anxious she feels at parties.

Children's Non-fiction

I Am Not a Label: 34 disabled artists, thinkers, athletes and activists from past to present by Cerrie Burnell. Illustrated by Lauren Baldo. [J 305.9 B](#) Grade 4-7.

Burnell features 34 individuals with disabilities, including three with mental health issues.

a kids book about depression by Kileah McIlvain. [J 616.8527 M](#) Ages 5 and up.

a kids book about suicide by Angela N. Frazier. [J 362.28 F](#) Ages 5 and up.

a kids book about trauma by Megan Bartlette. [616.8521 B](#) Ages 5 and up.

The books in this unusual and effective series are meant to be read with a grown up. They offer reassuring overviews of their subjects, usually with personal stories, tips for dealing with the issue and resources.

Teen Non-fiction

Heads Up: Changing minds on mental health by Melanie Siebert. Illustrated by Belle Wuthrich. [YA 616.89 S](#)

A look at this history and treatment of mental health issues examines changing attitudes and treatments. Much of it is focused on how to find out about mental health issues, get help, and support the people we care about. Photographs and line drawing keep it real.

Your Brain Needs a Hug: Life, love, mental health and sandwiches by Rae Earl. Illustrated by Jo Harrison. [YA 616.852 E](#)

Earl describes 7 of the most common mental health conditions and provides a guide to dealing with them. The informal, no nonsense approach, over-the-top illustrations and real life stories make this a readable and supportive introduction to mental health issues for teens.

Where to Start: A survival guide to anxiety, depression, and other mental health challenges by Mental Health America. Illustrated by Gemma Correll. [YA 618.9289 W](#)

The authors start by asking “Am I OK?” and move to talking about it, getting help, and self care. This is a soup to nuts guide for teens.

Adult Fiction

Freshwater by Akwaeke Emezi. [FIC EMEZI](#)

This novel tells the story of a young Nigerian woman, Ada, who grows up with mental illness. She eventually finds her sense of self among the many voices in her head.

Everything Here Is Beautiful by Mira T. Lee. [FIC LEE](#)

This multifaceted novel describes the bond between two Chinese-American sisters as they journey through motherhood, love, and managing one sister's mental illness.

Adult Non-fiction

Why Has Nobody Told Me This Before by Dr. Julie Smith. [362.2 S.](#)
Dr. Smith offers advice for coping with anxiety and depression, laying the groundwork for becoming aware of how your feelings arise.

What Happened To You? by Bruce D. Perry, MD, PhD, and Oprah Winfrey. [616.8521 P](#)

Have you ever wondered why you react to some situations in a certain way? In this book, Dr. Perry and Oprah discuss how difficult it can be to deal with trauma and how to learn to heal.

Parenting

Parenting Children with Mental Health Challenge: A guide to life with emotionally complex kids by Deborah Vlock. [618.9289 V](#)

This very practical guide covers everything from dealing with doctors and schools to extended families and going out in public. Vlock addresses parents directly by sharing stories, information, and lots of resources.

Start Here: A parent's guide to helping children and teens through mental health challenges by Pier Bryden, MD and Peter Szatmari, MD. [918.9289 B](#)

Two doctors have written an extremely readable explanation of 7 common pediatric mental health conditions and Autism Spectrum Disorder. The only thing missing is information about insurance coverage

Memoirs

I'm So Glad You're Here: A memoir by Pamela Gay. [eBook](#)

Starting with witnessing her father removal in a straight jacket, Pamela Gay speaks candidly about living in New England, Florida and New York State. She explores how the wounds we carry from childhood into adulthood affect us. For her, journaling was a path out of grief, pain, and mental illness.

Ordinary Girls: A memoir by Jaquira Diaz. [B DIZA D](#)

Jaquira Diaz briefly recalls growing up in a chaotic household in Puerto Rico, watching her mum's struggle with schizophrenia. The author's brutal honesty presents a compelling narrative.

And check out the resources:

[Child Mind Institute](#)

Mental health providers provide information and resources about all matters related to children's mental health.

[National Alliance for Mental Illness](#)

People with lived experiences provide information, support, and advocacy for people with mental illnesses of all ages and their families, peers, and friends.