

Children's Mental Health Matters!

a Maryland public awareness campaign

Children's Mental Health Awareness Week Older Childhood Book List

Each May we celebrate Children's Mental Health Matters (CMHM) Awareness Week in Maryland, which is dedicated to increasing public awareness of the importance of children's mental health. Below is a list of books for reading with your older child or recommending s/he read on their own. To learn more about Awareness Week and the Campaign, visit www.ChildrensMentalHealthMatters.org

Mental Health Disorders

Girl, Interrupted by Susanna Kaysen
(Ages 16 - 18)

Brain on Fire: My Month of Madness
by Susanna Cahalan (Ages 16 -18)

A Beautiful Mind by Sylvia Nasar
(Ages 16 - 18)

A Note of Madness by Tabatha
Suzuma (Ages 12+)

The Girl with the Dragon Tattoo by
Stieg Larsson (Mature audience,
17 - 18)

Depression

Looking for Alaska by John Greene
(Ages 14+)

The Perks of Being a Wallflower by
Stephen Chbosky (Ages 14+)

Impulse by Ellen Hopkins

The Catcher in the Rye by J.D.
Salinger (Ages 12+)

Get Well Soon by Julie Halpern
(Ages 14+)

White Oleander by Janet Fitch
(Ages 13+)

Self-Discovery

Paper Towns by John Greene
(Ages 13+)

The Fault in Our Stars by John Greene
(Ages 13+)

A Really Awesome Mess by Trish
Cook (Ages 13+)

The Good Luck of Right Now by
Matthew Quick (Ages 14+)

Revolution by Jennifer Donnelly
(Mature audience, 17 - 18)

Bipolar Disorder

Silver Linings Playbook by Matthew
Quick (Ages 15 - 18)

Addiction

Go Ask Alice by Beatrice Sparks
(Mature Audience, 17 - 18)

Crank by Ellen Hopkins (Mature
Audience, 17 - 18)

Glass (Crank #2) by Ellen Hopkins
(Mature Audience, 17 - 18)

General Mental Health

Chicken Noodle Soup for the Soul:
Tough Time for Teens by Jack Canfield
(Ages 13+)

Chicken Noodle Soup for the Soul:
Just for Teens (Ages 13+)

Chicken Noodle Soup for the Soul:
Teens Talk Middle School (Ages 13+)

Chicken Noodle Soup for the Soul:
Teens Talk High School (Ages 14 - 18)

Chicken Noodle Soup for the Soul:
Teens Talk Tough Times (Ages 14 - 18)

Chicken Soup for the Teenage Soul
(Ages 14 - 18)

Chicken Soup for the Teenage Soul:
On Tough Stuff (Ages 14 - 18)

Chicken Soup for the Preteen Soul
(Ages 7 - 11)

General Feelings

Emotes! The Emotes Big Book of
Feelings by Matt Casper, MFT and Ted
Dorsey (Ages 7 - 11)



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www.ChildrensMentalHealthMatters.org

Emotes! Color Me Odd (How I Learned to Stop Pretending and Love Myself) by Matt Casper, MFT (Ages 7 - 11)

Emotes! Super and Perfecto (A Book About Confidence) by Matt Casper, MFT and Ted Dorsey (Ages 7 - 11)

Emotes! Joi's Cybercoaster Adventure (Emotes book about Positive Thinking) by Matt Casper, MFT and Ted Dorsey (Ages 7 - 11)

Emotes! Boom the Anger Tamer (An Emotes book about Anger) by Matt Casper, MFT and Ted Dorsey (Ages 7 -11)

Emotes! Can't Loses His Cool (Emotes book About Temper Tantrums) by Matt Casper, MFT and Ted Dorsey (Ages 7 - 11)

Emotes! Jumpi goes to Camp (Emotes Book About Being Afraid) by Matt Casper, MFT and Ted Dorsey (Ages 7 - 11)

Siblings: You're Stuck with Each Other, So Stick Together by James J. Crist, PHD and Elizabeth Verdick (Ages 8 - 13)

How to take the Grrr Out of Anger by Elizabeth Verdick and Marjorie Lisovskis (Ages 8 - 13)

It's Hard to be a Verb by Julia Cook (Ages 8 - 13)

Glad Monster Sad Monster by Ed Emberley and Anne Miranda (Ages 3 - 6)

Nighty Night Little Green Monster by Ed Emberley (Ages 3 - 6)

Zach Gets Frustrated by William Mulcahy (Ages 5 - 8)

The I'm Not Scared Book by Todd Parr (Ages 3 -6)

The Worst Day of My Life Ever by Julia Cook (Ages 4+)

I Just Want to do it My Way by Julia Cook (Ages 5 - 12)

Ricky Sticky Fingers by Julia Cook (Ages 5 - 12)

I Just Don't Like the Sound of No by Julia Cook (Ages 5 -12)

Building Self-Confidence

Spaghetti in a Hot Dog Bun (Having the Courage to be Who You Are) by Maria Dismundy (Ages 6 - 12)

Clark the Shark Dares to Share by Bruce Hale (Ages 4 - 8)

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Social Skills

Do Unto Otters (A book about manners)by Laurie Keller (Ages 5 - 8)

Personal Space Camp by Julia Cook (Ages 5 - 12)

Hands, off Harry! by Rosemary Wells (Kindergartners)

My Mouth is Like a Volcano by Julia Cook (Ages 5 - 12)

Autism

The Curious Incident of The Dog In the Night Time (Ages 17 - 18)

Please note: This book list reflects a compilation of books recommended by school mental health clinicians and who work with students and families. However, none of the organizations affiliated with the Children's Mental Health Matters Campaign (including MHAMD, MCF, CSMH, MSDE) have vetted or endorsed each of these books. This list should be used at the discretion of educators, clinicians, and other school staff as they thoughtfully select books for students based on the context of their school, community, student population, academic/social/emotional curriculum and the developmental level of students served.

MHAMD ~ 443-901-1550 ~ www.mhamd.org

MCF ~ 410-730-8267 ~ www.mdcoalition.org

The Children's Mental Health Matters! Campaign is a collaboration of the Mental Health Association of Maryland (MHAMD) and the Maryland Coalition of Families (MCF) with support from the Maryland Department of Health - Behavioral Health Administration. The Campaign goal, with Community and School Champions across the state, is to raise public awareness of the importance of children's mental health. For more information, please visit www.ChildrensMentalHealthMatters.org.

