Children’s Mental Health Awareness Week - Book List

Children’s Mental Health Awareness Week is May 3 - 9, 2015 in Maryland. This week 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.

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)
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 & Mental Hygiene and MD CARES. The Campaign goal, with over 80 partners across the state, is to raise public awareness of the importance of children’s mental health. For more information, please visit www.ChildrensMentalHealthMatters.org.

General Feelings

*Emotes! The Emotes Big Book of Feelings* by Matt Casper, MFT and Ted Dorsey (Ages 7 - 11)
*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 Lose 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)
*Nightly 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 Dismondy (Ages 6 - 12)
*Clark the Shark Dares to Share* by Bruce Hale (Ages 4 - 8)
*Clark the Shark* by Bruce Hale (Ages 4 - 8)

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.