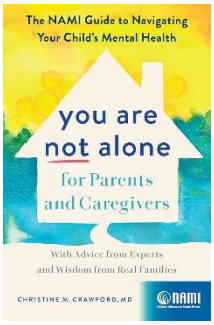
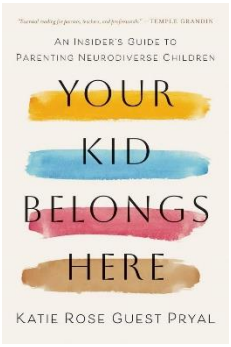
Book Resources

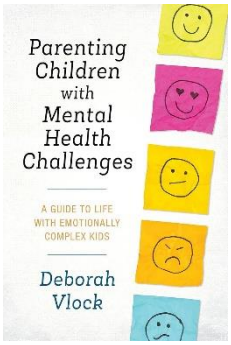
For Caregivers:



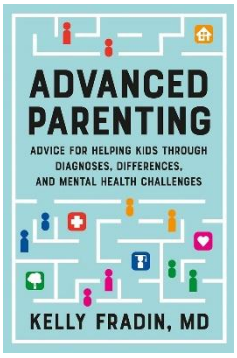
You Are Not Alone for Parents and Caregivers: The NAMI Guide to Navigating Your Child's Mental Health—With Advice from Experts and Wisdom from Real Families by Christine M. Crawford



Your Kid Belongs Here: An Insider's Guide to Parenting Neurodiverse Children by Katie Rose Guest Pryal

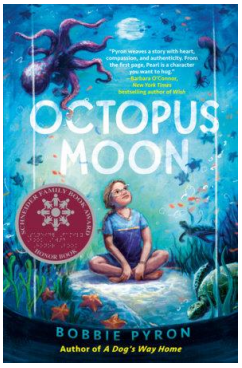


Parenting Children with Mental Health Challenges: A Guide to Life with Emotionally Complex Kids by Deborah Vlock



Advanced Parenting: Advice for Helping Kids Through Diagnoses, Differences, and Mental Health Challenges by Kelly Fradin

For Children (Elementary):

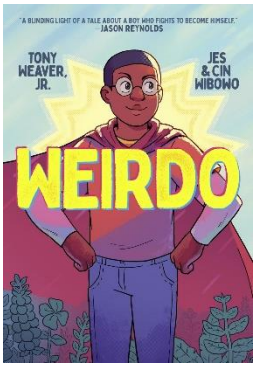


Octopus Moon by Bobbie Pyron

Topics Highlighted: depression, grandparent with depression, therapy

Ages: 10+

Pearl has just started 5th grade, and it's more difficult than she expected. She struggles to manage her schoolwork, friends, and family. Soon, things she used to love to do become harder and harder. Pearl's family takes her to a doctor, where she is diagnosed with depression. Pearl is afraid and uncertain, but with support from her family, doctor, and friends, she begins to attempt things that once felt impossible. Pearl learns to accept her depression and finds ways to care for herself in the crazy ocean that is life.



Weirdo by Tony Weaver, Jr.

Topics Highlighted: bullying, child surviving a suicide attempt, therapy, depression, self-love

Ages: 10-14

7th grader Tony is bullied incessantly at school for being a "weirdo" and finds solace in video games and anime. After the bullying at school becomes physical, Tony attempts suicide. Tony's parents decide to transfer Tony to a new school and to enroll him in therapy. Gradually, Tony learns how to embrace his inner "weirdo" with the help of his new friends, therapist, and his newfound sense of creativity.

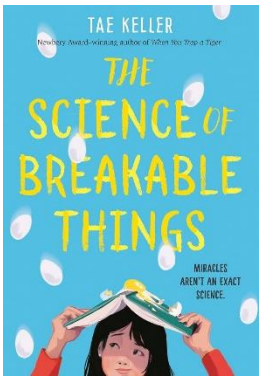
The Care and Feeding of a Pet Black Hole by Michelle Cuevas

Topics Highlighted: grief, depression, parent loss

Ages: 8-12

A black hole from NASA has followed Stella home. Now, she is forced to care for the mysterious creature and ensure it doesn't eat her entire neighborhood. Stella uses this opportunity to get rid of anything she wants to forget about- her brother's annoying toys and bad music taste, dreaded brussels sprouts, and a box of things that remind her of her recently deceased

father. Eventually the black hole swallows Stella and her brother, Cosmo, and they go on a journey through the mysterious inner world of the black hole. Stella learns how to face her sadness and grief without letting it consume everything in her world.



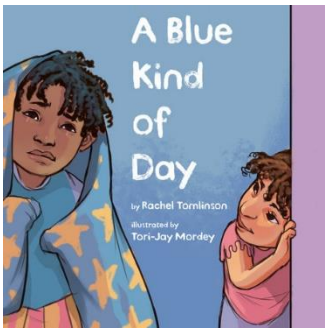
The Science of Breakable Things by Tae Keller

Topics Highlighted: depression, parent with depression, anxiety

Ages: 8-12

Natalie's mom has depression…but Natalie has a plan. The prize money from the egg dropping competition at school would be just enough to fly her mother out to see her favorite flower, the flower she studied for many years, the Cobalt Blue Orchid. Surely, seeing the flower will help her mother feel better and get back to being her old self again. But, as Natalie learns, mental illness is not always so black and white, and Natalie goes on a journey of science, perseverance, love, and family.

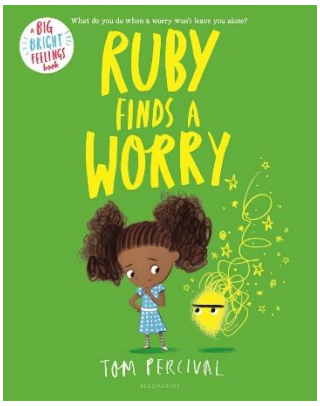
For Children (Early Readers):



A Blue Kind of Day by Rachel Tomlinson

Topics Highlighted: depression, childhood depression, mental health, sadness, empathy

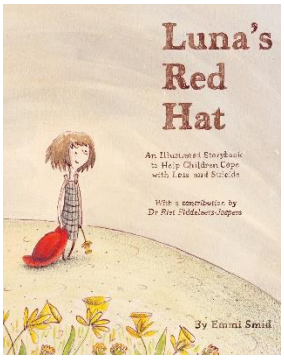
Ages: 4-8



Ruby Finds a Worry by Tom Percival

Topics Highlighted: anxiety, worry, expressing emotions

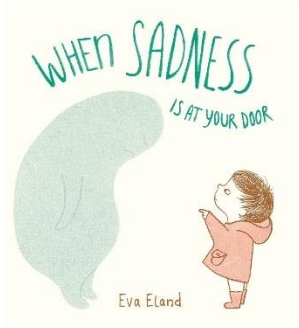
Ages: 3-6



Luna's Red Hat: An Illustrated Storybook to Help Children Cope with Loss and Suicide by Emmi Smid & Dr Riet Fiddelaers-Jaspers

Topics Highlighted: suicide, loss of loved one to suicide, parent loss, grief

Ages: 6+



When Sadness is at Your Door by Eva Eland

Topics Highlighted: depression, sadness, coping skills, naming emotions

Ages: 3-7