

Mental Health Media for Youth

Children

Picture Books

Birth through Elementary - Fiction & Nonfiction

A Terrible Thing Happened by Margaret M. Holmes, illustrated by Cary Pillo

Glad Monster, Sad Monster: A Book About Feelings by Ed Emberly and Anne Miranda

I'm Worried by Michael Ian Black, illustrated by Debbie Ridpath Ohi

Listening to My Body by Gabi Garcia, illustrated by Ying Hui Tan

Michael Rosen's Sad Book by Michael Rosen, illustrated by Quentin Blake

Puppy in my Head: A Book About Mindfulness by Elise Gravel

Samantha Jane's missing smile : a story about coping with the loss of a parent by Julie Kaplow and Donna Pincus, illustrated by Beth Spiegel

Somebody Cares: A Guide for Kids Who Have Experienced Neglect by Susan Farber Straus, PhD, illustrated by Claire Keay

The Dead Bird by Margaret Wise Brown, illustrated by Christian Robinson
The Goodbye Book by Todd Parr

Too Many Bubbles: A Story About Mindfulness by Christine Peck & Mags Deroma

Tough Guys Have Feelings Too by Keith Negley

What to Do When You Worry Too Much: A Kid's Guide to Overcoming Anxiety by Dawn Huebner, illustrated by Bonnie Matthews

When Sadness Is At Your Door by Eva Eland

When Sophie Gets Angry — Really, Really Angry... by Molly Bang

Elementary Fiction

A Boy Called Bat by Elana K. Arnold

All Three Stooges by Erica S. Perl

Fighting Words by Kimberly Brubaker Bradley

Fish in a Tree by Lynda Mullaly Hunt

Give and Take by Elly Swartz

Good Enough by Jen Petro-Roy

Joey Pigza Swallowed the Key by Jack Gantos

OCDaniel by Wesley King

Some Kind of Happiness by Claire LeGrand

Stanley Will Probably Be Fine by Sally J. Pla, illustrated by Steve Wolfhard

The Goldfish Boy by Lisa Thompson

The Miscalculations of Lightning Girl by Stacey McAnulty

Umbrella Summer by Lisa Graff

Warp Speed by Lisa Yee

Elementary Nonfiction

Standing Up to OCD Workbook for Kids: 40 Activities To Help Children Stop Unwanted Thoughts, Control Compulsive Behaviors, and Overcome Anxiety by Tyson Reuter

The Worry Workbook for Kids: Helping Children to Overcome Anxiety and the Fear of Uncertainty by Muniya S. Khanna & Deborah Roth Ledley

Apps

Cosmic Kids Yoga & Mindfulness

<https://app.cosmickids.com/>

Daniel Tiger's Grr-iffic Feelings

<https://pbskids.org/apps/daniel-tigers-grr-ific-feelings.html>

HappiMe

<https://www.happi-me.info/happime-apps.html>

Manatee & Me

<https://getmanatee.com/>

Moshi Sleep & Mindfulness App for Kids

<https://www.moshisleep.com/>

Sesame Street Apps: Breathe, Think, Do with Sesame Street; Incarceration; Let's Get Ready; Sesame Street & Autism; Sesame Street for Military Families; The Big Move Adventure

<https://www.sesamestreet.org/apps>

Stop, Breathe & Think for Kids

<https://kidsapp.stopbreathethink.com/parent>

Superbetter

<https://www.superbetter.com/>

Touch & Learn Emotions App

<https://apps.apple.com/us/app/touch-and-learn-emotions/id451685022>

Movies & Shows

Coco (movie)

Daniel Tiger (TV/Animated)

Finding Nemo & Finding Dory (movie)

Inside Out (movie)

Mr. Rogers' Neighborhood (TV)

Onward (movie)

Sesame Street (TV)

She-Ra and the Princesses of Power (TV/Animated)

Steven Universe (TV/Animated)

The Lion King (movie)

Up (movie)

Teens/College Age

Fiction

Black Girl Unlimited by Echo Brown

Eliza and Her Monsters by Francesca Zappia

Gabi, A Girl in Pieces by Isabel Quintero

Highly Illogical Behaviour by John Corey Whaley

History is All You Left Me by Adam Silvera

Flamer by Mike Curato

Little & Lion by Brandy Colbert

More Happy Than Not by Adam Silvera

Speak by Laurie Halse Anderson

That Night by Amy Giles

The Astonishing Color of After by Emily X.R. Pan

The Beauty that Remains by Ashley Woodfolk

The Memory of Light by Francisco X. Stork

We Are Okay by Nina LaCour

Watch Over Me by Nina LaCour

Nonfiction

Dancing at the Pity Party by Tyler Feder

(Don't) Call Me Crazy: 33 Voices Start the Conversation About Mental Health by Kelly Jensen

Furiously Happy: A Funny Book About Horrible Things by Jenny Lawson

I Don't Want to Be Crazy by Samantha Shutz

It's All Absolutely Fine: Life Is Complicated So I've Drawn It Instead by Ruby Elliot

Life Inside My Mind: 31 Authors Share Their Personal Struggles edited by Jessica Burkhart

Mind Your Head by Juno Dawson

Mindfulness and Meditation: Handling Life with a Calm and Focused Mind by Whitney Stewart

Ordinary Hazards by Nikki Grimes

Spinning by Tillie Walden

The Teenager's Guide to Life, the Universe, and Being Awesome by Andy Cope

Your Brain Needs a Hug: Life, Love, Mental Health, and Sandwiches by Rae Earl

Apps

Aura

<https://www.aurahealth.io/>

Calm

<https://www.calm.com/>

Florence

<https://annapurnaininteractive.com/games/florence>

Forest

<https://www.forestapp.cc/>

Gris

<https://nomada.studio/>

Headspace

<https://www.headspace.com/>

Stop, Breathe, and Think

<https://my.life/>

Three Good Things - A Happiness Journal

<https://apps.apple.com/us/app/three-good-things-a-happiness-journal/id1242079576>

Movies/Shows

Eighth Grade (movie)

Eternal Sunshine of the Spotless Mind (movie/College Age)

Garden State (movie/College Age)

It's Kind of a Funny Story (movie)

Steven Universe (TV/Animated)

She-Ra and the Princesses of Power (TV/Animated)

Speak (movie)

The Edge of Seventeen (movie)

The Perks of Being a Wallflower (movie)

WandaVision (TV)