

MENTAL HEALTH TIDBIT (BETTER INFORMED TOGETHER)

SUMMER READING RELATED TO MENTAL HEALTH

DAUPHIN COUNTY MH/A/DP
JULY 2022 MENTAL HEALTH TIDBIT

With thousands of book options for summer reading, selecting books that are engaging and educational can sometimes be time consuming for parents. In this edition of Mental Health TidBIT, we have provided a list of books that can help your children learn about mental health and behavioral health topics through interesting stories. We have included a variety of books on different diagnoses and behavioral health areas as well as age range. Most of these books can be found through the Dauphin County Library System <https://www.dcls.org/>.



Cory's Stories: A Kid's Book About Living With ADHD

Written by Jean Kraus, Illustrated by Whitney Martin
Ages: 6-11
Topic: ADHD
Cory describes what it is like living with ADHD and how it affects his relationships, school, and his overall functioning.

The Fix-It Friends-Have No Fear

Written by Nicole Kear, Illustrated by Tracy Dockray
Ages: 7-10
Topic: Anxiety
A chapter book about a girl who helps a classmate overcome her fears.

What to Do When You Worry Too Much: A Kid's Guide to Overcoming Anxiety

Written by Dawn Huebner, Illustrated by Bonnie Matthews
Ages: 6-12
Topic Anxiety
This is a workbook that is meant for parents and children to work through together. The book includes various activities and exercises to engage children.

A Boy Called Bat

Written by Elana K. Arnold, Illustrated by Charles Santoso
Ages:6-10
Topic: Autism
A story that describes the day-to-day experience of a young boy with Autism including his challenges at school and home.

Challenger Deep

Written by Neal Shusterman
Ages 14 +
Topic: Schizophrenia
The story of Caden who is struggling with psychosis associated with schizophrenia.

All the Bright Places

Written by Jennifer Niven
Ages: 14 +
Topic: Depression, Suicidal thoughts, grief/loss
The story about two teens who are struggling with depression. The book also discusses themes related to grief/loss.

The War that Saved My Life

Written by Kimberly Brubaker Bradley
Ages: 9-12
Topic: Trauma, PTSD
This book takes place during WWII and tells the story of Ava, a 10-year-old, who is dealing with PTSD as a result of abuse



Can I Catch It Like a Cold? Coping With a Parent's Depression

Written by Centre for Addition and Mental Health, Illustrated by Joe Weissmann
Ages: 7-12
Topic: Depression
This book explains depression in a simple, straight forward language. It also discusses how depression is treated and what to expect when working with a mental health provider.

My Family Divided: One Girls Journey of Home, Loss, and Hope

Written by Diana Guerrero with Erica Moroz
Ages: 12 +
Topic: Depression, Suicidal Thoughts
A memoir which tells the story of Diana's battle with depression and suicidal thoughts following the deportation of her Colombian parents when she was 14 years old.

OCDaniel

Written by Wesley King
Ages: 12 +
Topic: Obsessive Compulsive Disorder (OCD)
Daniel is a 13-year-old who struggles with OCD and attempts to hide his disorder from others. This book describes stigma and showcases Daniel's journey to self-acceptance.

Stanley Will Probably Be Fine

Written by Steve Sally J. Pla, Illustrated by Steve Wolfhard
Ages: 8-12
Topic: Sensory Processing, Anxiety
Stanley deals with sensory processing concerns and anxiety. This story discusses how Stanley works through these concerns to become more socially involved.

A Terrible Thing Happened

Written by Margaret M. Holmes, Illustrated by Cary Pillo
Ages: 5-9
Topic: Trauma, PTSD
This tells the story of a racoon named Sherman who has experienced an unspecified trauma so the story is applicable to children who have had different experiences. The book explains trauma and symptoms of PTSD in simple terms that children can understand.

It's Kind of a Funny Story

Written by Ned Vizzini
Topic: Depression, Anxiety, Suicidal thoughts
Ages: 14+
After attempting suicide, Craig ends up in a psychiatric hospital. This book tells the story of his stay in the psychiatric hospital and how he is able to confront the sources of his anxiety and depression.