

♥ Crist, James J. PhD

**WHAT TO DO WHEN YOU'RE SCARED AND WORRIED:  
A GUIDE FOR KIDS**

Free Spirit Publishing, 2004

Written for kids ages 9-13 yrs of age is both reassuring and helpful. The first part addresses various fears as well as suggested "fear chasers and worry erasers". The second part addresses phobias, OCD, separation anxiety & counseling.

♥ Torney, Carrie Lyn

**WHAT'S WRONG WITH NICK?**

Friends of Nick's (AMI of NH), 1992

Nick and Sean are good friends, and when Nick leaves for college Sean misses him. Nick came home unexpectedly and doesn't leave the house. A simple explanation of Schizophrenia and the importance of friendship follows.

♥ Huebner, Dawn PhD

**WHAT TO DO WHEN YOU WORRY TOO MUCH: A KID'S  
GUIDE TO OVERCOMING ANXIETY**

Magination Press, 2006

This simple book provides a step by step guide for children who have worries. Clear illustrations help children understand and master steps to making their fears more easy to manage. Tips for parents included. Recommended for children ages 6-12.

♥ Mink, Sallie P. RN, BS

**CLINICAL DEPRESSION AND BIPOLAR ILLNESS:  
FREQUENTLY ASKED QUESTIONS, A HANDBOOK FOR  
TEENS**

DRADA, 2006

A simple, quick to read guide about signs, symptoms, behaviors and characteristics of clinical depression and bipolar illness.

## Books for Children to Help With Mental Health Needs



**NH Family Voices**

Tel: (603) 271-4525 or toll free in NH

1-800-852-3345 Ext. 4525

<http://www.nhfv.org>

[nhfv@yahoo.com](mailto:nhfv@yahoo.com)

NH Family Voices has available the following books in the lending library. This listing is for children and adolescents. Books are sent through the mail, with return postage paid envelope.

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♥ Hanson, Regina

***THE FACE AT THE WINDOW***

Clarion Books, 1997

In the luminous setting of contemporary Jamaica, West Indies, Regina Hanson offers a vivid, reassuring story about the rift mental illness imposes between people. This story shows how the gift of kindness can work to bridge this distance.

♥ Koplow, Lesley CSW

***TAYNA AND THE TABO MAN: A STORY FOR CHILDREN ENTERING THERAPY***

Gareth Stevens Publishing, 1991, 1993

The story of a little girl who needs therapy to deal with her fears. Although she and her mother worried about what to expect, together they discover that therapy for children can be a hopeful growth promoting experience.

♥ Wever, Chris

***THE SECRET PROBLEM***

A Shrink-Rap Press Book, 1994

An introduction to the secret problems of compulsive rituals and obsessive compulsive disorders. Cartoons are used to help children, teens and parents understand the problem and its treatment.

♥ Foster, Constance H.

***POLLY'S MAGIC GAMES***

Dilligaf Publishing, 1994

A story of a girl's way of dealing with Obsessive Compulsive Disorder.

♥ Maier, Inger

***WHEN FUZZY WAS AFRAID OF BIG AND LOUD THINGS***

Magination Press, 2006

A charming story of how Fuzzy learns to not be so afraid of loud noises on the farm. Tips for parents on helping their children overcome fears and anxiety are included. Recommended ages 3-7.

♥ Golomb, Ruth Goldfinger; Vavrichek, Sherrie Mansfield

***THE HAIRPULLING "HABIT" AND YOU: HOW TO SOLVE THE TRICHOTILLOMANIA PUZZLE***

Writers Coop of Greater Washington, 2000

Written specifically for ages 10 - 16 year olds, this workbook features Sally Sample, a young girl with Trichotillomania. It is a great guide and offers a variety of tools and strategies for coping with this disorder.

♥ Trachtenberg, Renee

***FEATHERS***

Trichotillomania Learning Center

This parrot pulls her feathers and feels ashamed of how she looks. She learns lessons about self confidence and acceptance while living with Trichotillomania.

♥ THE STORM IN MY BRAIN: KIDS AND MOOD

***DISORDERS (Bi-Polar and Depression)***

Child and Adolescent Bi-Polar Foundation & The Depression and Bi-Polar Support Alliance, 2003

This booklet will help children understand a mood disorder and ways they can stay well.

♥ March, John S. MD

***TALKING BACK TO OCD: THE PROGRAM THAT HELPS KIDS AND TEENS SAY "NO WAY - AND PARENTS TO SAY "WAY TO GO"***

Guilford Press, 2007

This uniquely designed book is two in one. Each chapter begins with a section for the young reader and then is followed by a section for parents on how to be supportive without getting in the way.

♥ Shoshana Nass, Marcia

***THE LION WHO LOST HIS ROAR: A STORY ABOUT FACING YOUR FEARS***

Childswork/Childsplay; 2000

Louie the lion is brave and fearless, until one day he has to play the piano and sing on stage. The techniques he uses to overcome his stage fright will be helpful to any child who is sometimes fearful.

♥ Khalsa, Kathy

***TAKING DEPRESSION TO SCHOOL***

JayJo Books; 2002

Emily talks about being diagnosed with childhood depression, remembering to take her medication, visiting her therapist, talking to her family, and needing hugs from her friends. Simple reassuring story for ages 5-10.

♥ McGee, Caroline C.

***MATT THE MOODY CRAB***

McGee & Woods, 2002

Matt seems to be angry all the time, and can't get along with his brother and sister. Even at school his friends are wondering about him. Matt is eventually hospitalized and diagnosed with Bipolar disorder. (ages 8-12)

♥ Cave, Kathryn

***YOU'VE GOT DRAGONS***

Peachtree Publishers, 2003

A charming story for anyone whose worries sometimes seem bigger than they are... this book is about how one boy deals with his "dragons" by getting to know them, talking to others about them, laughing, and getting hugs.

♥ Goldblatt, Rob

***THE BOY WHO DIDN'T WANT TO BE SAD***

Magination Press, 2004

A boy makes a decision to avoid the things that make him sad, and realizes that hiding away makes him unhappy. A simple story with a big lesson about life and happiness.

♥ Moritz, E. Katie PhD & Jablonsky, Jennifer

***BLINK, BLINK, CLOP, CLOP: WHY DO WE DO THINGS WE THINGS WE CAN'T STOP? AN OCD STORYBOOK***

Childwork, Childsplay, 1998

This story book is written to help young children suffering from OCD. This book tells a story of how O.C. Flea persuades many animals on the farm into engaging in obsessive thoughts and compulsions that interfere with their everyday life. The Animals eventually come to realize that if they ignore O.C. Flea, nothing bad will eventually happen. A humorous yet sensitive story. It shows that it is possible to learn how to deal with OCD and enjoy life.

♥ Hesser, Spencer Terry

***KISSING DOORKNOBS***

Delacorte Press, 1998

The story told by Tara Sullivan of the years of worries and how her "quirks" changed and multiplied is a humorous, compelling and sensitive story of a teenage girl with OCD and the way it affects her relationships and her family.

♥ Talley, Leslie

***A THOUGHT IS JUST A THOUGHT: A STORY OF LIVING WITH OCD***

Lantern Books, 2004

Jenny learns about OCD, and that her "scary thoughts" don't make her good or bad, or make bad things happen. Her new friend, Dr. Mike, explains how to manage her OCD. In this story, Jenny's Mom also has OCD.

♥ Hamilton, Dewitt

***SAD DAYS, GLAD DAYS***

Albert Whitman & Company, 1995

A young girl talks lovingly about her mother's depression and how it affects their lives.

♥ Wagner, Aureen Pinto, PhD

**UP AND DOWN THE WORRY HILL: A CHILDREN'S BOOK ABOUT OBSESSIVE- COMPULSIVE DISORDER AND IT'S TREATMENT**

Lighthouse Press, 2004

A wonderful story about Casey, as he learns about his OCD and how to treat it. The analogy of a "worry hill" is simple and powerful. Target audience ages 4-14.

♥ Niner, Holly L.

**MR. WORRY: A STORY ABOUT OCD**

Albert Whitman & Co., 2004

Kevin has to check, and check again... and he can't stop worrying. He visits a counselor and learns he has OCD. He names his OCD "Mr. Worry" and slowly learns to "hang up" whenever Mr. Worry calls. Very positive book written by a parent.

♥ Ratcliff, Jane

***SOMETIMES I GET SAD (BUT NOW I KNOW WHAT MAKES ME HAPPY)***

Childsworl/Childsplay; 2002

Sara is a young child who sometimes gets depressed, but learns how to make herself feel better. Target age 5-10 year olds.

♥ Lamb-Shapiro

***THE BEAR WHO LOST HIS SLEEP: A STORY ABOUT WORRYING TOO MUCH***

Childsworl/Childsplay; 2000

Benjamin the bear worries too much, and can't fall asleep to hibernate for the winter. This story shows children how to reason things out and to reduce their fears. (4-10 yrs.)

♥ Michaels, P.J.

***MY LISTENING FRIEND (A STORY ABOUT THE BENEFITS OF COUNSELING)***

Childworks/Childplay; 2001

Matt, who needs counseling for anger management talks about how he didn't want to see a therapist and "get fixed"... but slowly he realizes the benefits of having a "listening friend". Very simple and positive story for 6-11 yr olds.

♥ Dubuque, Nicholas and Susan

***KID POWER TACTICS FOR DEALING WITH DEPRESSION***

Childworks/Childsplay; 1996

Written by an 11 yr old who suffers from depression this book is full of tips for children who are also living with depression. It is a companion to the book written by his mother. (see next listing)

♥ Clark, Lynn PhD

***SOS HELP FOR EMOTIONS: MANAGING ANXIETY, ANGER AND DEPRESSION***

SOS Programs and Parent Press; 2002

This book uses cognitive techniques to instruct teens (ages 16 and over) to manage common problems by changing their own thoughts and feelings. This book is easy to read and well illustrated.

♥ Anglada, Tracy

***BRANDON AND THE BIPOLAR BEAR: A STORY FOR CHILDREN WITH BIPOLAR DISORDER***

Trafford Publishing, 2004

Brandon feels broken, just like his new bear, whose arm he tore in anger. Dr. Samuel explains to Brandon that his mood swings, irritability have a name.. And that helps him (and his bipolar bear) feel better (ages 4-10)