**Mental Health Awareness Month Book List and Web Resources**

**Picture Books**

* What’s up, Maloo?, by Geneviève Godbout
* The Pink Umbrella, by Amélie Callot
* The Rabbit Listened, by Cori Doerrfeld
* Noni is Nervous, by Heather Hartt-Sussman
* Come With Me, by Holly M. McGhee
* The Invisible Bear, by Cécile Metzger
* Big Boys Cry, by Jonty Howley
* Swarm of Bees, by Lemony Snicket
* When Sadness Is at Your Door, by Eva Eland
* Maybe Tomorrow?, by Charlotte Agell
* Puppy in My Head, by Elise Gravel
* Taking Time, by Jo Loring-Fisher
* The Color Monster, by Anna Llenas (series)
* My Heart, by Corinna Luyken
* The I’m Not Scared Book, by Todd Parr (many titles)
* Ruby Finds a Worry, by Tom Percival
* Niko Draws a Feeling, by Bob Raczka
* Me and My Fear, by Francesca Sanna
* Pocket Full of Sads, by Brad Davidson

**Picture Books – Non-Fiction**

* Breathe and Be: A Book of Mindfulness Poems, by Kate Coombs
* It’s OK: Being Kind to Yourself When Things Feel Hard, by Wendy O’Leary
* I Remember My Breath: Mindful Breathing for All My Feelings, by Lynn Rummel
* I Am Peace: A Book of Mindfulness, by Susan Verde

**Middle School – Fiction**

* Before the Ever After, by Jacqueline Woodson
* The Science of Breakable Things, by Tae Keller
* The Seventh Most Important Thing, by Shelley Pearsall
* The Miscalcuations of Lightning Girl, by Stacy McAnulty
* The Stars Beneath Our Feet, by David Barclay
* The List of Things That Will Not Change, by Rebecca Stead
* Lily and Dunkin, by Donna Gephart
* Louder Than Hunger, by John Schu
* Moonflower, by Kacen Callender
* Iveliz Explains It All, by Andrea Beatriz Arango
* The Summer of June, by Jamie Sumner
* Just Roll with It, by Lee Durfey-Lavoie
* Zia Erases the World, by Bree Barton
* Rain Rising, by Courtne Comrie
* Finding Junie Kim, by Ellen Oh
* Things You Can’t Say, by Jenn Bishop
* Breathing Underwater, by Sarah Allen
* No Fixed Address, by Susin Nielsen
* Side Tracked, by Diana Harmon Asher
* Mirror to Mirror, by Rajani LaRocca
* The Year I Didn’t Eat, by Samuel Pollen
* Good Enough, by Jen Petro-Roy
* Drawing Deena, by Hena Khan

**Middle and High School – Non-Fiction**

* How to Master Your Mood in Middle School, by Lenka Glassman
* Why Do I Feel So Worried, by Tammi Kirkness
* Superpowered: Transform Anxiety into Courage, Confidence, and Resilience, by Renee Jain
* Guts, by Raina Telgemeier
* It’s OK to Not Be OK: A Guide to Well-Being, by Claire Eastham
* Life Inside My Mind: 31 Authors Share Their Personal Struggles, by Jessica Burkhart
* (Don’t) Call Me Crazy: 33 Voices to Start the Conversation About Mental Health, by Kelly Jensen
* Heads Up: Changing Minds on Mental Health, by Melanie Siebert
* The Mindfulness and Acceptance Workbook for Teen Anxiety, by Sheri L. Turrell
* Here I Am, I Am Me, by Cara Bean
* Anxiety Relief for Teens: Essential CBT Skills for Mindfulness Practices to Overcome Anxiety and Stress, by Regine Galanti
* The Trauma and Adversity Workbook for Teens, by Gina M. Biegel, et al.
* Getting Comfortable with Uncertainty for Teens, by Juliana Negreiros, et al.
* Channel Kindness: Stories of Kindness and Community, by the Born This Way Foundation Reporters
* Your Brain Needs a Hug, by Rae Earl
* Mind Your Head, by Juno Dawson
* It’s All Absolutely Fine, by Ruby Elliot

**High School – Fiction**

* You’d Be Home Now, by Kathleen Glasgow
* Chaos Theory, Nic Stone
* Turtles All the Way Down, by John Green
* Home home, by Lisa Allen-Agostini
* Who Put This Song On?, by Morgan Parker
* Darius the Great Is Not Okay, by Adib Khorram
* History Is All You Left Me, by Adam Silvera
* Strangers, by David A. Robertson
* Highly Illogical Behavior, by John Corey Whaley
* The Dark Matter of Mona Starr, by Laura Lee Gulledge
* The Beauty That Remains, by Ashley Woodfolk
* The Sound of Stars, by Alechia Dow
* It’s Kind of a Funny Story, by Ned Vizzini
* A List of Cages, by Robin Roe
* The Upside of Unrequited, by Becky Albertalli
* The Astonishing Color of After, by Emily X.R. Pan
* Challenger Deep, by Neal Shusterman
* Starfish, by Akemi Dawn Bowman
* The Weight of Our Sky, by Hanna Alkaf
* Walking in Two Worlds, by Wab Kinew

**Online Resources**

* Centre of Excellence for Mental Health: <https://cemh.lbpsb.qc.ca/Understanding>
* Connexions: <https://centreconnexions.org/en/community-services/youth/>
* CHSSN : <https://chssn.org/a-portrait-of-vulnerable-english-speaking-youth-aged-15-29-in-quebec/>
* Y4Y Québec: <https://www.y4yquebec.org/english-language-mental-health-resources-in-quebec#outaouais>
* Québec : <https://www.quebec.ca/en/health/mental-health/finding-help-and-support-for-mental-health/finding-mental-health-help-and-support-resources/mental-health-help-and-support-resources>
* AMI-Québec : <https://amiquebec.org/about/>
* Hope for Wellness Helpline : <https://www.hopeforwellness.ca/about-us/>
* Multicultural Mental Health Resource Centre: <https://multiculturalmentalhealth.ca/consumer-information/>
* Tel-Jeunes: <https://www.teljeunes.com/en>
* Canadian Association for Suicide Prevention : <https://suicideprevention.ca/resources/>
* 988.ca : <https://988.ca/>
* Kids Help Phone : <https://kidshelpphone.ca/>
* TedEd, Mental Health: <https://ed.ted.com/search?qs=mental+health>