

# Books featuring people with Anxiety, Depression, OCD

\* Denotes books that have won an award.

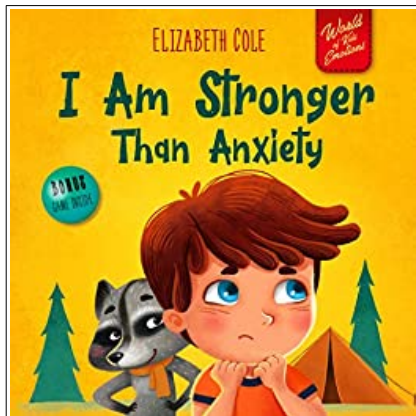


*A Way with Wild Things*

by Theule, Larissa

[ages 3–6]

(social anxiety)



*I Am Stronger Than Anxiety*

by Cole, Elizabeth

[ages 3–8]

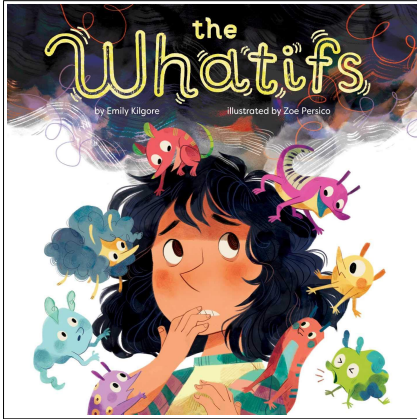


\* *The Boy with Big, Big Feelings*

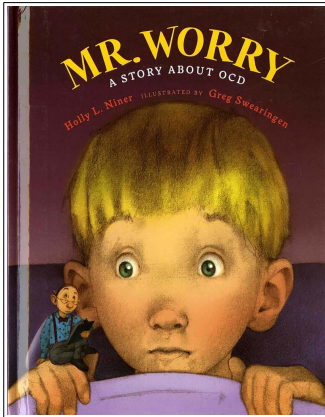
by Lee, Britney Winn

[ages 4–8]

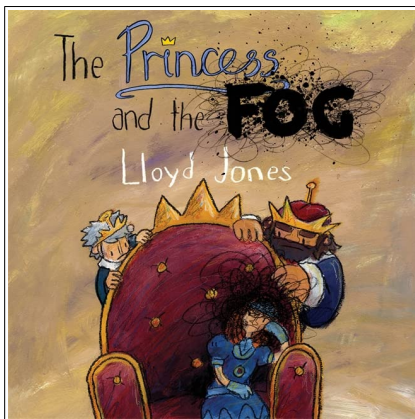
(anxiety, autism, high sensitivity)



*The Whatifs*  
by Kilgore, Emily  
[ages 4–8]

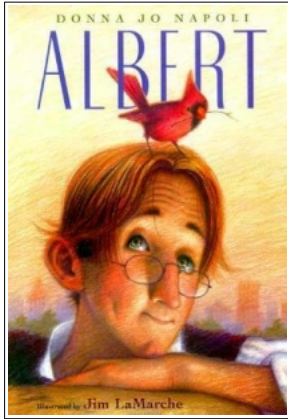


*Mr. Worry: a story about OCD*  
by Niner, Holly L.  
[ages 4–9]



\* *The Princess and the Fog*  
by Jones, Lloyd  
[ages 5–7]

(depression)

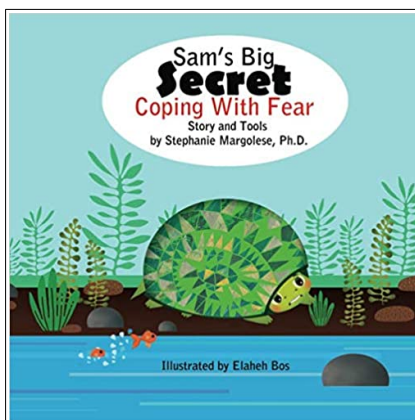


*Albert*  
by Napoli, DonnaJo  
[ages 5–8]

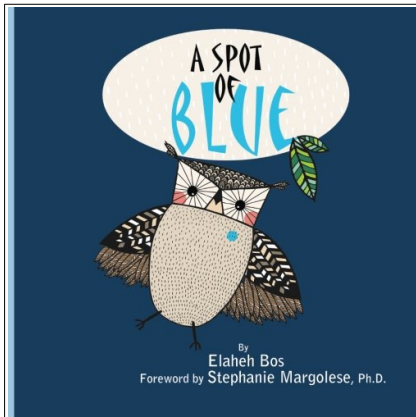
(anxiety, possible agoraphobia)



*Help Your Dragon Deal With Anxiety*  
by Herman, Steve  
[ages 5–8]

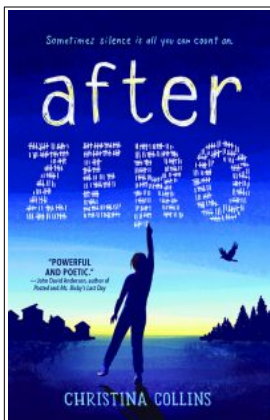


*Sam's Big Secret : coping with fear*  
by Margolese, Stephanie  
[ages 6–8]



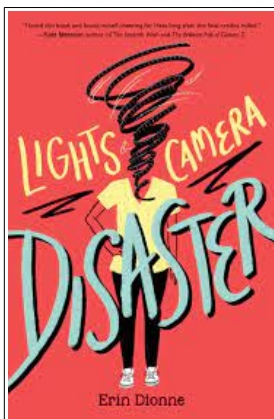
*A Spot of Blue*  
by Bos, Elaheh  
[ages 6–8]

(anxiety)



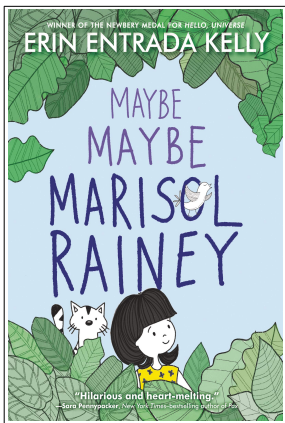
*After Zero*  
by Christina Collins  
[ages 8–12]

(anxiety, selective mutism)



*Lights, Camera, Disaster*  
by Dion, Erin  
[ages 8–12]

(ADHD, anxiety)

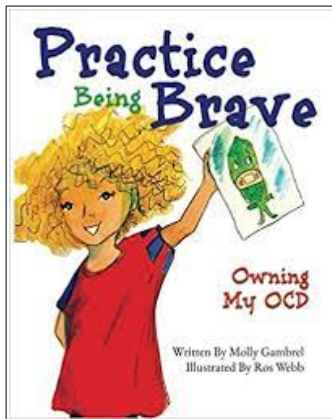


*Maybe Maybe Marisol Rainey*

by Kelly, Erin Entrada

[ages 8–12]

(anxiety)

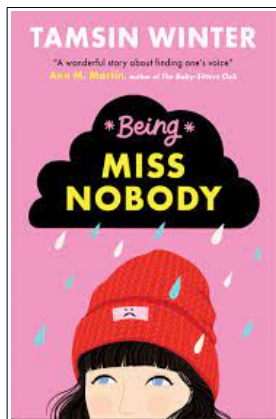


*Practice Being Brave*

by Gambrel, Molly

[ages 8–12]

(compulsions, OCD)

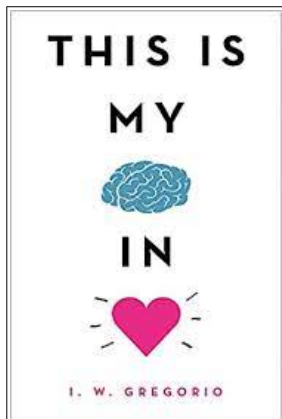


\* *Being Miss Nobody*

by Winter, Tamsin

[ages 9–12]

(selective mutism)

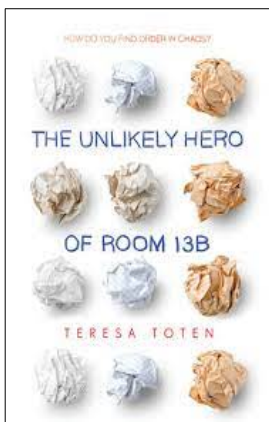


\* *This is My Brain in Love*

by Gregorio, I.W.

[ages 12–18]

(anxiety, depression)



\* *The Unlikely Hero of Room 13B*

by Toten, Teresa

[ages 12 –18]

(OCD)



*A Quiet Kind of Thunder*

by Barnard, Sara

[ages 14–17]

(selective mutism, also deafness)

*These book selections may or may not be suitable for every reader. We encourage readers and their caregivers to make decisions about books that take into consideration the values and beliefs of the reader and family.*

*Children's Village*