

# Mental Health Awareness Month Resources for Teachers and Families

It's easy enough to see what people are going through on the outside, like a broken leg or a cough, but what about illnesses that are on the inside? Some of these problems come under the umbrella of mental health, an area of medicine that still carries the burden of stigma and disinformation. Mental health education can involve anything from talking about and analyzing feelings to learning the signs of more serious illnesses like depression and anxiety. It's important to learn how to cope with the world around us in the best of times, but the pandemic has made it even harder for kids to grow, learn, and adapt.

Springhurst librarian Lauren Rodriguez, Middle/High School media specialist Ellen Elsen, and K-8 literacy coordinator Michelle Yang-Kaczmarek have teamed up with Dobbs Ferry Public Library children's librarian Gina Elbert to create this resource list to help your child dive deeper into learning about mental health and possibly even finding comfort in reading about kids just like them. **This is a sampling of available resources and not an exhaustive list. If you would like help finding more, please contact your librarian(s).**

**\*Indicates a new title/resource added to the list**

## Online Resources for Parents

### The Child Mind Institute

<https://childmind.org/>

"We're dedicated to transforming the lives of children and families struggling with mental health and learning disorders by giving them the help they need. We've become the leading independent nonprofit in children's mental health by providing gold-standard evidence-based care, delivering educational resources to millions of families each year, training educators in underserved communities, and developing tomorrow's breakthrough treatments."

### **Children's and Adolescents' Mental Health Resources from Westchester County**

<https://mentalhealth.westchestergov.com/childrens-mental-health-services>

<https://mentalhealth.westchestergov.com/adolescents>

Information on local resources for mental health in children and teens in Westchester County, including clinic services, in-school services, and more.

### **"Exploring Emotions" from Sesame Street in Communities**

<https://sesamestreetincommunities.org/topics/emotions/>

A website dedicated to helping young children express, understand, and communicate their emotions through a variety of different tools.

### **"How Do We Stop Stigma?" from MakeItOk.org**

<https://makeitok.org/what-to-say/>

A brief article on the do's and don'ts of talking to people with mental illnesses. MakeItOk is a nonprofit dedicated to reducing the stigma around mental illnesses by encouraging open conversations and education on the topic.

### **"Mental Health Resources for Adolescents and Young Adults" from Society for Adolescent Health and Medicine**

<https://www.adolescenthealth.org/Resources/Clinical-Care-Resources/Mental-Health/Mental-Health-Resources-For-Adolesc.aspx>

A list of teen-oriented websites, helplines, and apps, and more for both young adults and their families.

### **National Alliance on Mental Illness**

<https://www.nami.org/Your-Journey/Kids-Teens-and-Young-Adults>

"One of NAMI's main goals is to ensure that people get help early. Since mental health conditions typically begin during childhood, adolescence or young adulthood, we have compiled essential information and resources intended to help young people get the mental health support they need." They have a chapter in Westchester.

### **New York Mental Health Resources for Kids**

<https://www.onoursleeves.org/mental-health-resources/national-state-resources/new-york>

A list of all of the important crisis hotlines that serve children/teens in New York State, including but not limited to those for suicide, abuse, eating disorders, and LGBTQ+ children/teens.

### **A Novel Mind**

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

"Welcome to A Novel Mind, a resource for exploring children's literature that deals with mental health and neurodiversity issues... Our site offers 3 resources: the Database, the Educator Resource Pages, and the Blog Page, where today's preeminent children's

writers write about aspects of mental health, neurodiversity, and children's books every week."

### "Taking Your Child to a Therapist" from KidsHealth

<https://kidshealth.org/en/parents/finding-therapist.html>

A short article with an overview of what therapy is, when a kid or teen might need it, and what a kid in therapy may do.

### The Trevor Project

<https://www.thetrevorproject.org/>

"Founded in 1998 by the creators of the Academy Award®-winning short film TREVOR, The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, queer & questioning (LGBTQ) young people under 25."

## Booklist for Kids

Below is a list of recently published books that the DF school librarians and DFPL children's librarian recommend as starting points for education and discussion. You can access items marked with a blue dot (●) through the Dobbs Ferry school libraries and items marked with a yellow dot (●) through the Dobbs Ferry Public Library. Please contact your librarians to put them on hold and/or learn more information about the formats in which these titles are available.

### Picture Books: Fiction

- *\*Badger's Parting Gifts* by Susan Varley ● ●
- *Bear With Me* by Noemi Viola ●
- *The Boy with Big, Big Feelings* by Britney Winn Lee ●
- *The Color Monster: A Story About Emotions* by Anna Llenas ●
- *The Feelings Book* by Todd Parr ● ●
- *How Full is Your Bucket? For Kids* by Mary Reckmeyer and Tom Rath ● ●
- *I Am a Peaceful Goldfish* by Shoshana Chaim ● ●
- *\*I Am Courage: A Book of Resilience* by Susan Verde ● ●
- *\*I Am Peace: A Book of Mindfulness* by Susan Verde ● ●
- *The Invisible Boy* by Trudy Ludwig ● ●
- *Just Like Me* by Vanessa Brantley-Newton ●
- *Lizzy's Ups and Downs: Not an Ordinary School Day* by Jessica Harper ● ●
- *\*Maybe Tomorrow?* by Charlotte Agell ● ●
- *The Memory String* by Eve Bunting ● ●
- *My Many Colored Days* by Dr. Seuss ● ●
- *Niko Draws a Feeling* by Bob Racza ● ●

- *Pilar's Worries* by Victoria M. Sanchez ●
- *A Place Inside of Me: A Poem to Heal the Heart* by Zetta Elliott ● ●
- *Puppy In My Head* by Elise Gravel ●
- *The Rabbit Listened* by Cori Doerrfeld ● ●
- *Ruby Finds a Worry* by Tom Percival ● ●
- *Small Knight and the Anxiety Monster* by Manka Kasha ●
- *\*Super George and the Invisible Shield* by Laurie P. Mendoza
- *\*Taking Time* by Jo Loring-Fisher
- *Today I Feel Silly & Other Moods That Make My Day* by Jamie Lee Curtis ● ●
- *The Way I Feel* by Janan Cain ● ●
- *When I Feel Worried* by Cornelia Spelman ● ●
- *When Sadness is at Your Door* by Eva Eland ● ●
- *When Sophie Gets Angry – Really, Really Angry...* by Molly Bang ● ●
- *Yesterday I Had the Blues* by Jeron Ashford Frame ● ●

### Picture Books: Non-fiction

- *Feeling Angry* by Helen Frost ● ●
- *Feeling Happy* by Helen Frost ●
- *Feeling Scared* by Helen Frost ●
- *It Feels Good to Be Yourself: A Book About Gender Identity* by Theresa Thorn ● ●

### Middle Grade Graphic Novels

- *Friends Forever* by Shannon Hale ● ●
- *Guts* by Raina Telgemeier ● ●
- *Just Roll With It* by Veronica Agarwal and Lee Durfey-Lavoie ● ●
- *Pilu of the Woods* by Mai K. Nguyen ●
- *Smaller Sister* by Maggie Edkins Willis
- *Stargazing* by Jen Wang ● ●

### Middle Grade Fiction

- *\* The Afterwards* by A.F. Harold ●
- *\* All the Greys on Greene Street* by Laura Tucker ● ●
- *Alvin Ho: Allergic to Girls, School, and Scary Things* by Lenore Look ● ●
- *\*As Brave as You* by Jason Reynolds ● ●
- *Breathing Underwater* by Sarah Allen ● ●
- *Dear Sweet Pea* by Julie Murphy ● ●

- *Each Tiny Spark* by Pablo Cartaya ● ●
- *Ellen Outside the Lines* by A.J. Sass ●
- *Finding Junie Kim* by Ellen Oh ● ●
- *Fighting Words* by Kimberly Brubaker Bradley ● ●
- \* *Ghost* by Jason Reynolds
- \* *The Goldfish Boy* by Lisa Thompson ● ●
- *How to Make Friends with the Sea* by Tanya Guerrero ●
- *Hurricane Season* by Nicole Melleby ● ●
- *Lily and Dunkin* by Donna Gephart ● ●
- *A Mango-Shaped Space* by Wendy Mass ● ●
- *The Miscalculations of Lightning Girl* by Stacy McAnulty ● ●
- \* *My Jasper June* by Laurel Snyder ● ●
- *My Life in the Fish Tank* by Barbara Dee ● ●
- *OCDaniel* by Wesley King ● ●
- \* *The Road to Wherever* by John Ed Bradley
- *The Science of Breakable Things* by Tae Keller ● ●
- *The Sea in Winter* by Christine Day ● ●
- *The Shape of Thunder* by Jasmine Warga ● ●
- \* *So B. It* by Sarah Weeks ● ●
- *Stanley Will Probably Be Fine* by Sally J. Pla ●
- \* *Stuntboy, in the Meantime* by Jason Reynolds ● ●
- \* *Umbrella Summer* by Lisa Graff ● ●
- \* *Waiting for Normal* by Leslie Connor ● ●
- *Where the Watermelons Grow* by Cindy Baldwin ● ●
- *The Year We Fell from Space* by Amy Sarig King ● ●

## Middle Grade Nonfiction

- *Growing Up Trans: In Our Own Words*, Edited by Dr. Lindsay Herriot ●
- *Just Breathe: Meditation, Mindfulness, Movement, and More* by Mallika Chopra ●
- *Mindfulness and Meditation: Handling Life with a Calm and Focused Mind* by Whitney Stewart ● ●

## Young Adult Graphic Novels

- *Dancing at the Pity Party* by Tyler Feder ● ●

## Young Adult Fiction

- *All the Bright Places* by Jennifer Niven ● ●
- *The Astonishing Color of After* by Emily X.R. Pan ● ●

- *Challenger Deep* by Neal Shusterman ● ●
- *Darius the Great Is Not Okay* by Adib Khorram ● ●
- *How It Feels to Float* by Helena Fox ● ●
- \* *How to Make Friends with the Dark* by Kathleen Glasgow ● ●
- *I Am Not Your Perfect Mexican Daughter* by Erika L. Sánchez ● ●
- *Little & Lion* by Brandy Colbert ● ●
- *Mosquitoland* by David Arnold ● ●
- *Rayne and Delilah's Midnite Matinee* by Jeff Zentner ● ●
- *Sparrow* by Sarah Moon ● ●
- *Truly Devious* by Maureen Johnson ● ●
- *Turtles All the Way Down* by John Green ● ●
- \* *Verona Comics* by Jennifer Dugan ● ●
- \* *The Weight of Our Sky* by Hanna Alkaf ● ●
- *Will & Whit* by Laura Lee Gulledge ● ●
- \* *Wintergirls* by Laurie Halse Anderson ● ●
- \* *The Worlds We Keep* by Erin Stewart
- *You Should See Me in a Crown* by Leah Johnson ● ●

## Young Adult Nonfiction

- *Growing Up Trans: In Our Own Words* by Edited by Dr. Lindsay Herriot ●
- *How I Made It to Eighteen: A Mostly True Story* by Tracy White ● ●
- *My Family Divided: One Girl's Journey of Home, Loss, and Hope* by Diane Guerrero ● ●