

Helpful Books for Children

Anxiety:

- When My Worries Get Too Big by Kari Buron
- The Huge Bag of Worries by Virginia Ironside
- The Invisible String by Patrice Karst (Separation Anxiety)
- Breathe Like a Bear by Kira Willey

Attachment:

- The Magic Rainbow Hug by Janet Courtney
- The Invisible String by Patrice Karst

Depression:

- Living with a Black Dog by Matthew Johnstone
- Dark Bad Day Go Away by Ana Gomez

General Mental Health:

- Lets Have a Visit with Our Feelings by Ana Gomez
- The Color Monster by Anna Llenas
- Listening to My Body by Gabi

Grief & Loss:

- I Miss You by Pat Thomas
- When Dinosaurs Die by Laurie & Marc Brown

Self Esteem:

- I Like Me by Nancy Carlson
- Dear Girl by Amy Rosenthal
- Oh The Places You'll Go by Dr Seuss

Social Skills

- Stick and Stone by Beth Ferry

Helpful Books and Workbooks for Teens

Anxiety:

- Anxiety Relief for Teens: Essential CBT Skills & Mindfulness Practices to Overcome Anxiety and Stress by Regine Galanti
- Create Your Own Calm: A Journal for Quieting Anxiety by Meera Patel

Depression:

- Depression: A Teens Guide to Survive and Thrive by Jacqueline Toner & Claire Freeland

Self Esteem:

- The Self-Compassion Workbook for Teens: Mindfulness & Compassion Skills to Overcome Self Criticism and Embrace Who You Are by Karen Bluth

Helpful Books for Parents

- Raising a Secure Child by Kent Hoffman, Glen Cooper, and Bert Powell
- The Explosive Child by Ross Greene
- How to Talk So Kids Will Listen & How to Listen So Kids Will Talk by Adele Faber & Elaine Mazlish
- The Whole Brain Child by Dan Siegel

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Free Apps for Children & Teens (For iPhone or Android users)



Mindshift CBT



Finch: Self Care Pet



Calm Harm



Insight Timer



Woebot



Smiling Mind