



Reading List:

May is Mental Health Awareness Month

A time to raise awareness of those living with mental or behavioral health issues and to help reduce the stigma so many experience.

Book recommendations by the Sun Prairie Library
Youth Services Staff



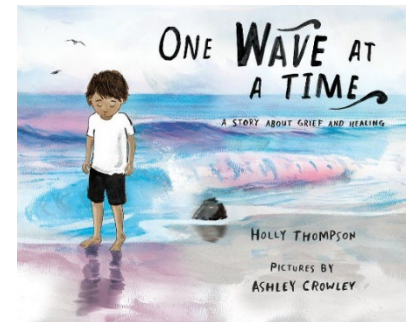
Young Readers:

Ruby Finds a Worry by Tom Percival (anxiety)

Am I a Bully? by Hope Gilchrist (bullying)

Tough Guys (Have Feelings Too) by Keith Negley (feelings)

One Wave at a Time: A Story About Grief and Healing by Holly Thompson (grief and loss)



Middle Grades:

The Fix-It Friends: Have No Fear by Nicole C. Kear (anxiety)

The Grip by Marcus Stroman with Samantha Thornhill (anxiety)

Taking Up Space by Alyson Gerber (body image)

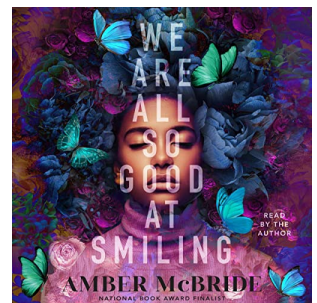
Teens:

Finding Perfect by Elly Swartz (OCD)

Ab(solutely) Normal: Short Stories That Smash Mental Health Stereotypes by Multiple Authors, edited by Nora Shalaway Carpenter and Rocky Callen

We Are All So Good at Smiling by Amber McBride (depression, grief, self-harm)

The Library of Lost Things by Laura Taylor Namey (compulsive behaviors)



Children's Resource Centers (CRCs) are working together with partners in the Wisconsin Wayfinder Resource Network to guide families to support and resources. CRCs can be reached through 1-877-WiscWay. You can reach CRC-South at 1-800-532-3321 or crcsouth@waisman.wisc.edu.