

Accessibility Support Collection

Brandon and the Bipolar Bear

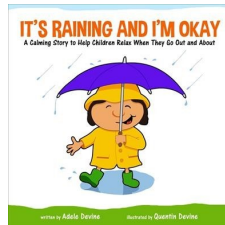
Tracy Anglada
ASC E ANG

Wilma Jean The Worry Machine

Julia Cook
ASC E COO

It's Raining and I'm Okay

Adele Devine
ASC E DEV



The Tallest Bridge in the World: a Story for Children about Social Anxiety

Ellen Burns
ASC J BUR

Ten Turtles on Tuesday

Ellen Burns
ASC J BUR

Stanley Will Probably Be Fine

Sally Pla
ASC J PLA
(also available in e-format)

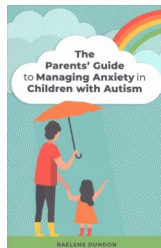


Overcoming Anxiety in Children and Teens

Jed Baker, Ph.D
ASC J152.46 BAK

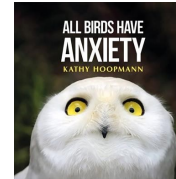
The Parents' Guide to Managing Anxiety in Children with Autism

Raelene Dundon
ASC J155.4124 DUN



Freeing Your Child From Anxiety: Practical Strategies to Overcome Fears, Worries, and Phobias and Be Prepared for Life—From Toddlers to Teens

Tamar E. Chansky, PhD.
ASC J618.928 CHA



All Birds Have Anxiety

Kathy Hoopmann
ASC J618.928 HOO

The Panicosaurus: Managing Anxiety in Children Including Those with Asperger Syndrome

K.I. Al-Ghani
ASC J618.9285 ALG

Anxiety-Free Kids: an Interactive Guide for Parents and Children (2nd Edition)

Bonnie Zucker
ASC 618.9285 ZUC

Websites

National Institute of Mental Health
www.nimh.nih.gov

Anxiety & Depression Association of America
www.adaa.org/living-with-anxiety/children

National Eating Disorders Association
www.nationaleatingdisorders.org

Helplines

National Suicide Prevention Lifeline
1-800-273-TALK (8255)

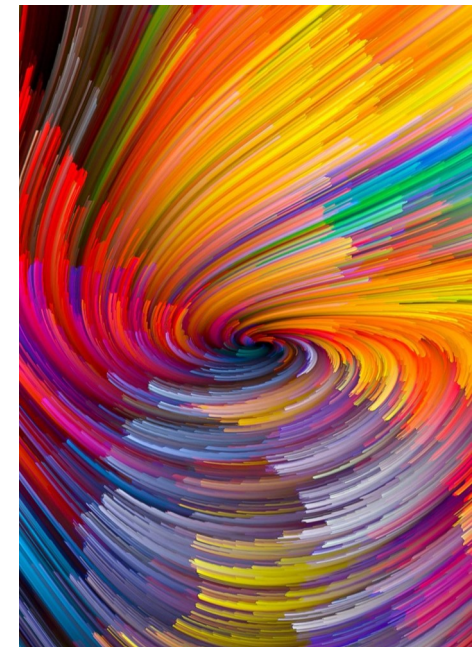
American Psychiatric Association
Answer Center
1-888-PSYCH (77924)

1099 Lone Pine Road
Bloomfield Township, MI 48302
(248) 642-5800 www.btpl.org
12/2020 ABC
ABC 11/2020

Youth Services

Anxiety

Books and Resources



Easy Books

Calm Down Time
Elizabeth Verdick
Board E VER

Captain Starfish
Davina Bell
E BEL

A Feel Better Book for Little Worriers
Holly Brochmann
E BRO

**Emily Grace and the What-ifs:
a Story for Children about Nighttime Fears**
Lisa Gehring
E GEH

The Whatifs
Emily Kilgore
E KIL

Mindfulness at the Park
Teresa Power
E POW

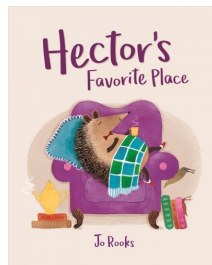
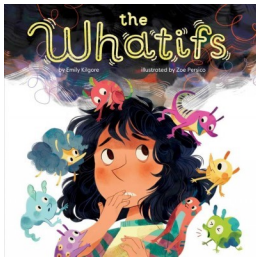
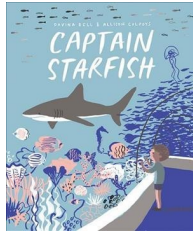
Playing Possum
Jennifer Black Reinhardt
E REI

Allie All Along
Sarah Lynne Reul
E REU

Hector's Favorite Place
Jo Rooks
E ROO

Bee Still: An Invitation to Meditation
Frank Sileo
E SIL

Mindful Bea and the Worry Tree
Gail Silver
E SIL



I Am Peace: a Book of Mindfulness
Susan Verde
E VER

Fiction Books

Eight Times Up
John Corr
J COR

Five Things about Ava Andrews
Margaret Dilloway
J DIL

The World from Up Here
Cecilia Galante
J GAL

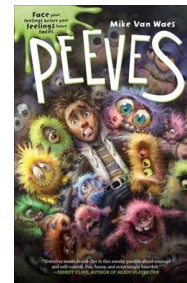
How to Make Friends with the Sea
Tanya Guerrero
J GUE

The Best at It
Maulik Pancholy
J PAN (also available in e-format)

Naked Mole Rat Saves the World
Karen Rivers
J RIV

Peeves
Mike Van Waes
Y VAN

Small Things
Mel Tregonning
J TRE (Graphic Novel)



Non Fiction Books

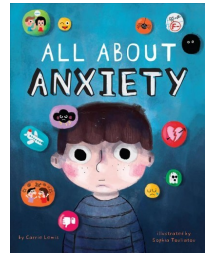
**The Worry (less) Book:
Feel Strong, Find Calm, and Tame
your Anxiety**
Rachel Brian
J152.46 BRI

12 Tips for Managing Stress and Anxiety
Maddie Spalding
J155.9042 SPA

All About Anxiety
Carrie Lewis
J618.928 LEW

Understanding Anxiety Series
J616.852—J616.8522

**Breathe and Be:
a Book of Mindfulness Poems**
Kate Coombs
J811.6 COO (also available in e-format)



Parenting

**Anxiety Relief for Kids: On-the-Spot
Strategies to Help Your Child Overcome
Worry, Panic & Avoidance**
Bridget Walker
J155.4124 WAL (Parenting)

**Mindfulness for Teen Worry: Quick and Easy
Strategies to Let Go of Anxiety**
Jeffrey Bernstein
J155.418 BER (Parenting)

**Understanding Teenage Anxiety:
A Parent's Guide to Improving
your Teen's Mental Health**
Jennifer Browne
J618.9285 BRO (Parenting)

**Calming Your Anxious Child:
Words to Say and
Things to Do**
Kathleen Trainor, PsyD
J618.9285 TRA (Parenting)

