

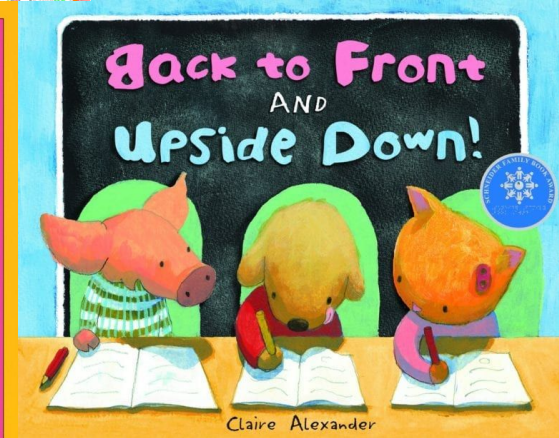
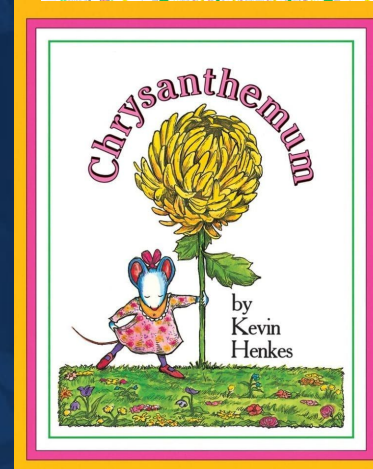
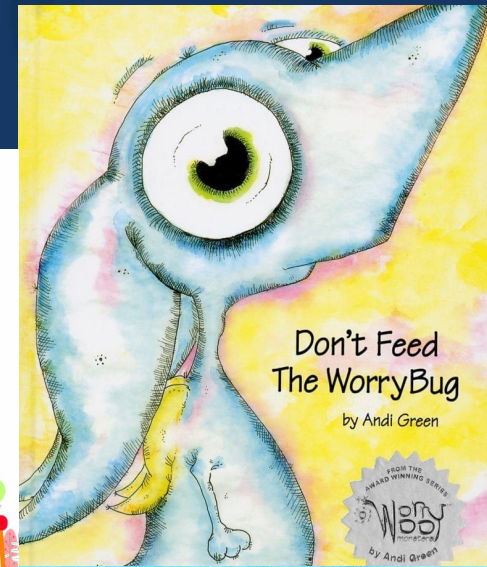
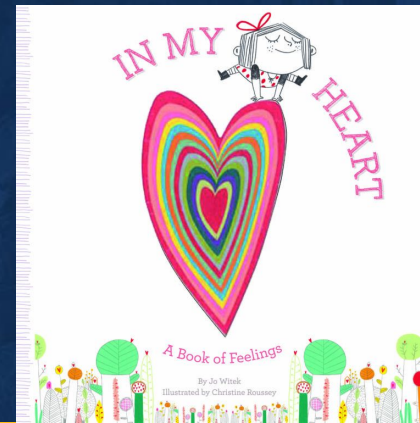
# Parent Resource

## 44 Children's Books About Mental Health

May is Mental Health Awareness Month. Early exposure and education in a neutral setting (like reading) can help normalize mental health treatment and make it more visible.

At the [Child Mind Institute](#) we've contacted publishers all over to call in books that address mental health and learning disorders and other common challenges, like dealing with painful experiences and coping with strong emotions. We included books for kids up to 12, from picture books to be read with preschoolers to chapter books for independent reading by older children.

[Click source link for full list of books](#)



[Source: Child Mind Institute](#)