

## Mental Health Booklist

Ruby's Worry  
Tom Percival

The Heart and the Bottle  
Oliver Jeffers

Ish  
Peter H. Reynolds

Michael Rosen's Sad Book  
Michael Rosen & Quentin Blake

Find Your Happy  
Emily Coxhead

Blue  
Sarah Christou

Me and My Fear  
Francesca Sanna

Cloud Boy

Marcia Williams

Not My Fault  
Cath Howe

The Goldfish Boy  
Lisa Thompson

The Worries  
Jion Sheibani

The Fantastic Book of Feelings: A Guide to Being Happy, Sad and Everything In-Between!  
Marcia Williams

My Monster and Me  
Nadiya Hussain & Ella Bailey

How Are you Feeling Today?  
Molly Potter