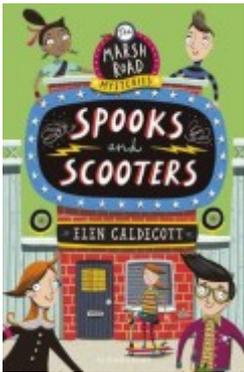


Books about depression

Reading can be a wonderful way to explore emotions or tricky situations. If you're a parent or carer with depression, the fiction books below may help your child talk about their feelings and understand what's going on a bit better.

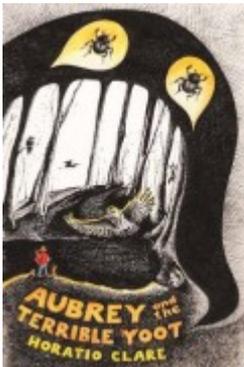
- [How to use books to talk about depression with your child](#)



Spooks and Scooters

by Elen Caldecott
Bloomsbury

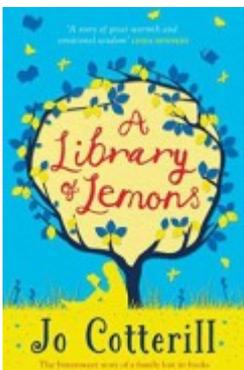
When Flora and Sylvie's holiday with dad is cancelled, they are determined to discover who or what is responsible. Amid the excitement of unravelling the mystery, Caldecott sympathetically shows us families coming to terms with change.



Aubrey and the Terrible Yoot

by Horatio Clare
Firefly

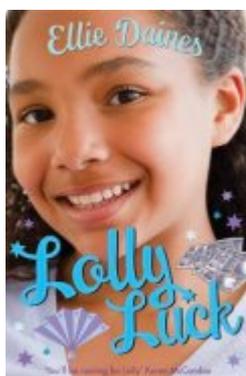
This fabulously illustrated book addresses the difficult subject of parental depression, at once describing the horror of Aubrey's dad's experience but also remaining upbeat and full of surreal humour.



A Library of Lemons

by Jo Cotterill
Piccadilly

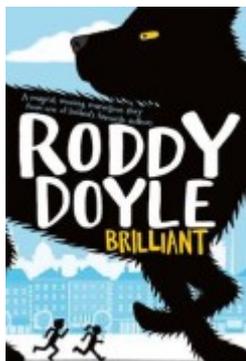
Believable, memorable, charming and moving, fans of Jacqueline Wilson's domestic dramas will enjoy this bittersweet story of a family finding their feet in the next chapter of their lives.



Lolly Luck

by Ellie Daines
Andersen Press

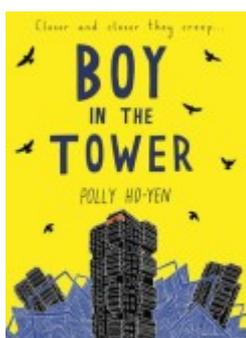
Lolly has always been lucky but a series of catastrophes at home threaten both her family life and her experience at school



Brilliant

by Roddy Doyle
Macmillan

A high-speed, high-adrenaline and highly surreal adventure which deals with the difficult topic of depression with a sensitive, humorous touch.



The Boy in the Tower

by Polly Ho-Yen
Doubleday

Taking place in a believable urban, multicultural environment that will be familiar to many young readers, Polly Ho-Yen's debut is an impressively moving and thought-provoking story that will touch children and adults alike.



The Colour Thief

by Andrew Fusek Peters and Polly Peters
Wayland

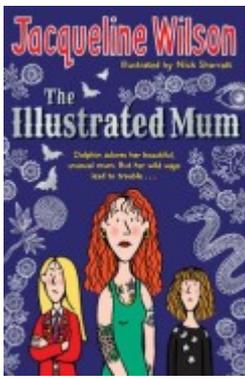
Drawing on personal experiences of living in a family blighted by depression, this unusual, yet important, book may help youngsters to make sense of an illness they cannot see.



The Red Tree

by Shaun Tan
Hodder Children's Books

The perfect blend of words and pictures, this is a wonderful book to share with anyone suffering from depression or uncertainty



The Illustrated Mum

by Jacqueline Wilson

Random House

This is a moving yet unsentimental account of two children coming to terms with their mother's depression, mental instability and alcohol problem.