

The following organisations also offer help and/or information:

Alzheimer's Society
www.alzheimers.org.uk

The Samaritans
www.samaritans.org
Call 116 123

Mind
www.mind.org.uk
Call 0300 123 3393
Provides information about anxiety, low mood and emotional difficulties.

Mental Health Helplines Partnership
www.helplines.org

The Royal College of Psychiatrists
www.rcpsych.ac.uk/info

Self Help Guides
For a range of self help guides covering Stress, Anxiety, Depression and Low Mood, Panic, Controlling Anger, Obsessions and Compulsions, and other topic areas
www.selfhelpguides.nrw.nhs.uk/hacw

You can contact us in the following ways:

By telephone:
01905 822722

By post:
Worcestershire County Council,
Libraries & Learning, County Hall, Spetchley Road
Worcester, WR5 2NP

By email:
librarieshq@worcestershire.gov.uk

Online:
www.worcestershire.gov.uk/libraries

Also available at your local library...
You will also find a number of events and activities at local libraries that you may want to join in with including:-

- Reading Groups
- adult, young people and children
- Formal and informal learning courses
- Social groups including Knit and Natter
- Free internet access



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To the best of our knowledge all information is correct at time of printing April 2016

Search 'Books on Prescription' at:
www.worcestershire.gov.uk

Libraries and Learning

Books On Prescription



Helping you manage your well-being.



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Books on Prescription aims to help people of all ages with difficulties such as

- Anxiety
- Dementia
- Depression
- Pain Management
- Stress

using books which provide information and step-by-step self help techniques.



How does it work?

Self-help materials are available from your local library. A GP, counsellor or community health worker can help you identify and prescribe one of the self-help books as part of your regular treatment.

These books are available for anyone to borrow free of charge from any Worcestershire Library.

If you are not a member of the library you can call in and join using your prescription as ID or you can join online at:

www.worcestershire.gov.uk/libraries

If you are unable to find the book you need please ask a member of library staff for help.

The library staff will treat you with respect. They will not share any information about who is borrowing a book or what it is about. Think of the library staff as you would your local pharmacist; someone who can deliver what is prescribed with professional expertise and ethical practice.

You can reserve titles and collect them from any Worcestershire library yourself.

Can books really help?

Evidence from the National Institute for Health and Care Excellence (NICE) confirms that self-help books can help people understand and manage common conditions including depression and anxiety.

All the books in our collections have been recommended by people who have found them useful.

What if I need further support?

If you feel you still need additional support you should contact your GP or other health professional who will be able to signpost you to other services.

You can also find out further information at

www.nhs.uk/moodzone

or

www.hacw.nhs.uk/our-services/healthy-minds

Other Collections

Worcestershire libraries also have titles to help you with pain, a carers collection and a CAMHS (Children and Adolescent Mental Health Service) collection covering child and adolescent mental health issues.



For full lists of all our titles visit www.worcestershire.gov.uk and search "Books on Prescription"