



# Promoting Mental Health



A self-help  
resource directory



An overview of self-help  
information, websites, books and  
programmes - what they contain  
And how they can be accessed.

# Promoting mental Health - a Self-help resource directory

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## Members of project group:

Paul Barrett

Mike Lucock

Kath Padgett

Andrea Chell

Richard Holder

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## Introduction

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- Self-help interventions have been advocated as potentially effective interventions for mental health problems (Lewis et al, 2003) and are recommended in National Institute for Clinical Excellence (NICE) guidance for mild to moderate depression and anxiety as part of a stepped care service model (NICE, 2004a; 2004b). Self-help approaches offer potentially cost effective interventions, and greater choice, access and empowerment for service users. In order to provide useful self-help information and interventions to service users it is important to know what self-help material is available and what material is good and can be recommended.
- There are many self-help books and websites available making it difficult to know what should be recommended for different types of problem. For example, a search for "self-help" books on Amazon.co.uk identified 32794 books and a search for "self-help anxiety" identified 223 books. Lewis et al (2003), in a review of self-help approaches for mental health problems, point out a lack of evidence to support unqualified recommendation of self-help materials. They also point out the lack of evidence for possible adverse effects. They conclude that self-help materials should be recommended if they are based on evaluated methods such as Cognitive Behaviour Therapy (CBT), their use can be monitored by a health care professional and alternative therapeutic options are available if the self-help intervention is ineffective or unacceptable (Lewis et al, 2003, page 4). Involvement of professionals to support and monitor self-help should be balanced against the need to make such approaches available to service users.

## Introduction (cont.)

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- It is important to consider self-help in very broad terms. We all use self-help and self management strategies to manage our every day lives - these include things such as support from others, exercise and healthy living, spirituality, work, and other activities individuals personally find helpful in managing their everyday lives. Some of the most important areas of self-help are self-help and support groups in the community. Some of these may be local, others national. However, because of the practical difficulties involved in reviewing the large numbers of local and national groups available, it was not possible to carry out a comprehensive review of self-help groups. However, a non-exhaustive list of national support organisations are available at the back of the directory.
- We recommend this booklet is linked to any local directories of self-help groups in the area.
- The aim of this directory is to identify good quality self-help resources that can be recommended and used by service users and practitioners. Although we advocate a broad approach to self-help, we have restricted our directory to resources that can be:
  - ✓ Recommended to some extent because they are based on evaluated approaches, or
  - ✓ Are developed or made available by reputable organisations with quality control procedures, or
  - ✓ Are already recommended by reputable organisations.

## What is 'Self-help'?

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- 'Self-help' is a difficult term to define, given that there are large individual differences in what materials and strategies people find useful.
- Service users advocate a broad holistic approach when looking for self help resources, and acknowledge the wide range of self-help approaches and strategies individuals may find helpful (Faulkner and Layzell, 2000; Lucock et al, submitted for publication).
- Lewis et al (2003) describe two important features of self-help approaches:
  - They require either no, or 'minimal' practitioner input.
  - They include instruction on how service users can improve their skills to cope and manage their difficulties.
- Information about mental health problems can help people understand and deal with their difficulties.
- Although a holistic approach is advocated, it is impossible to review the vast range of resources/ strategies that people find personally helpful.
- This directory is mainly geared toward reviewing specific CBT based materials, and self-help information and websites, which contain links and references to more general self-help/ self-care strategies and information.

# Method

## Background to the development of this booklet.

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- The need to identify and access good quality self help resources was identified by a group of service users at a consultation event held in York in 2004 (Lucock, Barber, Jones et al, submitted for publication).
- The development of a resource directory to increase awareness of, and access to existing self help resources to support service users, educational programmes and practitioners was supported by funding from the University of Huddersfield.
- A project group was set up including staff from the University of Huddersfield, the South West Yorkshire Mental Health NHS Trust, service users and local graduate primary care mental health workers.
- The search for 'self-help' resources was conducted searching databases and internet search engines and existing websites from reputable organisations with links to self help resources. Practitioners involved in providing self-help interventions were also consulted. Members of the project team reviewed the resources and excluded resources of questionable quality.
- The result is by no means an exhaustive list and the intention is to update the directory as we receive further feedback and new resources become available.

## Structure of this directory

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In order to address the many different types of 'self-help' resources and the different ways in which they can be presented (e.g. in books, on the internet etc), the resources were organised into sections titled 'Self-help information' 'Self-help programmes' 'Self-help books' 'Self-help websites' and 'Self-help computer/ telephone based packages'. These will be outlined briefly below.

- Self-help information (Page 10) – This section contains references to resources which give background information on the different types of problems people can experience, the diagnostic labels used to categorise those problems, and how they are usually treated. It also provides access to information on the pros and cons of using various medications, and certain psychological therapies.
- Self-help programmes (Page 15) – This section contains references from a range of sources (e.g. books, websites, groups) of guided, structured 'programmes' designed to help individuals identify and address any problems they may be experiencing. 'Programmes' are defined as resources which:
  - ✓ Help people identify specific problems.
  - ✓ Promote change, and encourage people to set achievable goals.
  - ✓ Encourage people to do something.
  - ✓ Promote self assessment/ reflection.

## Structure of this directory (cont.)

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- Books (page 39) – This section will contain a review of a selection of self-help books which are currently being used on a book prescription scheme run by Plymouth city council. This is based on a book prescription scheme originally developed in Cardiff (Frude, 2004a, 2004b). The books are designed to cover a range of problems, and are mainly based on structured/ semi structured programmes.
- Websites (page 74) – This section consists of a brief review of several 'self-help' websites, which provide information as well as interactive programmes to work through. Given the vast amount of website material, the list is far from exhaustive and merely reflects a selection of the most up to date, well structured material we have identified manually.
- National support organisations (page 95) – This consists of a list of national support agencies for a wide range of problems. These agencies offer telephone support, and run local groups.

It is important to note that there is considerable overlap between categories. For example, a self-help programme which is presented on a website would fall into the 'websites' as well as the 'programmes' category. Therefore there may be occasions when the same resources are repeated in two or more categories, although they are reviewed slightly differently in each section.

## References.

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- Frude NJ (2004a) Bibliotherapy as a means of delivering psychological therapy. *Clinical Psychology*, (39) 8-10
- Frude NJ (2004b) A book prescription scheme in primary care. *Clinical Psychology* (39) 11-14
- Lewis, G., Anderson, L., Araya, R., Elgie, R., Harrison, G., Proudfoot, J., Schmidt, U., Sharpe, D., Weightman, A., & Williams, C (2003). Self-help interventions for mental health problems. Report to the Department of Health R&D Programme.
- Lucock, M.P., Barber, R., Jones, A., Lovell, J., Barczi, M. (submitted for publication) Service users' views of self-help strategies and research in the UK.
- Faulkner, A. & Layzell, S. (2000). *Strategies for Living: A report of user-led research into people's strategies for living with mental distress*. London: The Mental Health Foundation.
- National Institute of Clinical Excellence (2004a). Management of anxiety (panic disorder, with or without agoraphobia, and generalised anxiety disorder) in adults in primary, secondary and community care.  
<http://www.nice.org.uk/pdf/CG022NICEguideline.pdf>
- National Institute of Clinical Excellence (2004b). Management of Depression in Primary and Secondary Care.  
<http://www.nice.org.uk/pdf/CG023NICEguideline.pdf>

## Self-help Information

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Listed in this section are four websites which each contain a large database of information designed to give a balanced overview of mental health problems, treatments and services.

The largest database (the 'mind' website) also produces hard copies of their leaflets which are available to order online for a small charge, or can be viewed/ printed from the internet for free.

# BBC Website

[www.bbc.co.uk/health/mental](http://www.bbc.co.uk/health/mental)

Run by: The BBC

Supported by: The BBC

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## Overview.

For a general overview of this site, please see page 77 in the 'websites' section.

## Structure.

Seven titles which give information on a range of problems, and the ways in which they can be treated and dealt with. Headings and subsections are listed below.

Emotional health: Well being; self esteem; stress; phobias; self harm.

Supporting and caring: How to give support; difficult situations; better relationships; sexual communication; caring for young people.

Inside a hospital: A matter of care; the acute ward; the psychosis ward.

Disorders and conditions: Anxiety disorder, bipolar disorder, Alzheimer's; depression; eating disorder.

Therapy and Therapists: Talking therapies; 'the experts'; complementary therapies, psychotherapy.

Coping techniques: Coping skills; responding to stress; relaxation; sleep and rest; negative thoughts.

Understanding drugs: Drug use and addiction; the role of drugs; A to Z of drugs.

See also: Useful contacts; Your rights.

# Channel 4 website

[www.channel4.com/health](http://www.channel4.com/health) then click on the 'mind' link.

Run by – Channel 4 Television

Supported by – Channel 4 Television

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## Overview.

For a general overview of this site, please see page 79 in the 'websites' section.

## Structure.

Four broad sections, which give information on a range of problems, and the ways in which they can be treated and dealt with. Headings and subsections are listed below.

### 'What's wrong'

- Information on Tourettes syndrome; anxiety; phobias; OCD; bereavement; panic attacks; manic depression; post natal depression; suicidal thoughts; 'am I losing my mind'; depression; self harm; schizophrenia; dementia; self harm in children.

### 'Mental health issues'

- Facts and figures about mental illness; causes of mental distress; employment – know your rights; focus on Asian women.

### People's experiences

- Manic depression; post natal depression; 'after a suicide attempt'; getting back to work; 'my husband has dementia'.

### Treatment and support

- Cognitive behaviour therapy; coming off medications and tranquillisers; art therapies; self help strategies; preparing to work again; family and friends.

# Mind website

[www.mind.org.uk/information](http://www.mind.org.uk/information)

Run By – Mind (National Association for Mental Health).

Supported by – Mind

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## Overview.

For a general overview of this site, please see page 85 in the 'websites' section.

## Structure (taken directly from the website)

Mind publishes over 90 booklets, many of which are available online. A text only version may be printed for individual use. Leaflet versions can also be viewed and purchased online for use by organisations. The booklets can be broadly categorised under the following sections.

### How to

- These booklets aim to help people maintain and improve their mental health and prevent mental distress. The series has received a British Medical Association Patient Information Award.

### Making sense

- Contain detailed information on common treatments for mental health problems, or their alternatives.

### Mind guide to

- This series offers brief introductions to key subjects connected with mental health. Each guide points to further help and information.

### Mind's rights booklets

- These booklets are designed to help users of mental health services, their relatives and professionals to understand the Mental Health Act 1983 and related law. They should be read in conjunction with the Code of Practice.

### Understanding

- These booklets give straightforward practical information on a range of mental health issues and contain resource lists for seeking further help. The series has received a Plain English Campaign Award.

# NHS direct.

[www.nhsdirect.nhs.uk](http://www.nhsdirect.nhs.uk)

Run by – NHS

Supported by – Department of Health

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## Overview.

For a general overview of this site, please see page 90 in the 'websites' section.

## Structure.

The 'health encyclopaedia' contains sections including:

- Introduction
- Symptoms
- Causes
- Diagnosis
- Treatments
- Selected Links, and
- Support organisations

for Anorexia, Anxiety, Depression, Drug addiction/ abuse, Panic, Phobias, OCD, Stress and Schizophrenia.

## Self-help programmes

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Listed in this section are the resources which contain structured activities or instructions designed to help us identify, alleviate and/or overcome our problems. Since 'programmes' can be presented in many forms, this section refers to book and internet resources, as well as local and national groups/ organisations – many of which have already been presented in the other sections.

The programmes listed below mainly take a 'cognitive – behavioural' approach to self-help. This involves identifying and reflecting on our thought patterns and behaviours, and understanding how they may contribute to our problems. The later stages of the programmes then encourage us to challenge and reframing our thoughts, and alter certain behaviours (e.g. avoidance of anxiety provoking situations), with the hope of challenging and alleviating/ overcoming distress.

## Contents: Self-help programmes

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Multi programme websites (dealing with a range of different problems)	36-38

# Overcoming Anger and Irritability: A self-help guide using Cognitive Behavioral Techniques.

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Type of resource – Book on anger management.  
Available from – Bookshops, Local Libraries – see ‘books’ section for more information.  
Developed by – William Davies (author).  
Supported by – Constable and Robinson (publisher).

## Overview.

- Please see page 42 in the ‘books’ section for a general overview, and for more information on the price and availability of this book.

## Structure.

- Consists of two parts – ‘Understanding what happens’ helps us to identify what makes us angry, why other people don’t get angry with the same things, why you are not angry all the time, and explores how you feel about your anger.
- ‘Sorting it out’ encourages us to gain control of the triggers which make us angry, exploring and challenging our beliefs and judgements of certain situations, and learning other techniques for controlling our anger.

## Working to overcome anxiety – a self-help guide.

Website:

<http://www.hud.ac.uk/hhs/research/mhrg/index.htm>

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Type of resource – Book on anxiety management.  
Available from – Adult Psychological Therapies Service, Fieldhead Hospital, Wakefield, and Website.  
Developed by – South West Yorkshire Mental Health Trust (SWYMHT); University of Huddersfield.  
Supported by – SWYMHT; University of Huddersfield.

### Overview.

- A 40 page booklet comprising of 6 sections (each with its own activities and worksheets) designed to help identify and overcome anxiety problems.
- Worksheets at the end of each section help include thought/activity diaries, relaxation exercises and graded exposure exercises.
- Contains references to other materials.

### Structure.

- Section 1 – Introduction to Anxiety.
- Section 2 – Physical Effects of Anxiety.
- Section 3 – Recognising anxious thinking.
- Section 4 – Dealing with our anxious thinking.
- Section 5 – Effects of anxiety on mood and behaviour.
- Section 6 – Dealing with setbacks and final thoughts.

### Potential drawbacks.

- Some people may find the booklet overwhelming and difficult to work on alone.

## Overcoming anxiety: A self-help guide using cognitive behavioural techniques.

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Type of resource – Book on anxiety management.

Available from – Bookshops, Local Libraries – see 'books' section for more information.

Developed by – Helen Kennerley (author).

Supported by – Constable and Robinson (publisher).

### Overview.

- Please see page 43 in the 'books' section, for a general overview, and for more information on the price and availability of this book.

### Structure.

- Consists of two parts – 'Understanding worry, fear and anxiety' discusses how the 'stress response' can take many forms, and become a problem for some people.
- 'Managing worries, fears and anxieties' discusses a range of techniques for managing and dealing with worries, fears and anxieties, including 'applied relaxation' 'graded exposure' 'assertiveness' 'time management' 'sleeping' and 'long term management'.

## Overcoming Anxiety: A five areas approach.

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Type of resource – Series of workbooks for anxiety management.  
Available from – Bookshops, Libraries – see ‘books’ section for more information.

Developed by – Chris Williams (author).

Supported by – Hodder Arnold (publisher).

### Overview.

- Please see page 44 in the ‘books’ section, for a general overview, and for more information on the price and availability of this book.

### Structure.

- Understanding anxiety: detailed self-assessment workbooks covering problems of worry, generalised anxiety, panic, phobias, obsessive-compulsive symptoms and health anxiety.
- Understanding how we respond to physical health, and long-term physical symptoms such as tiredness and pain.
- Practical Problem solving.
- Being Assertive.
- Noticing and changing extreme and unhelpful thinking.
- Overcoming avoidance and reducing unhelpful behaviours.
- Overcoming sleep problems.
- Understanding and using anti-anxiety medications.
- Planning for the future.

# Mood Gym

website: <http://moodgym.anu.edu.au>

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Run By - Centre for Mental Health Research: Australian National University (CMHRANU).

Supported by - CMHRANU.

## Overview.

- Please see page 86 in the 'websites' section for a general overview of this website.

## Structure.

- A highly structured, interactive programme designed to be worked through in order for dealing with anxiety and depression.
- 6 different versions available – 'Full programme', 'Brief material', 'Brief with stress management + problem solving', 'Brief with problem solving alone', 'Full programme with problem solving', and 'Everything but stress management'. A version has also been developed for use with a health professional.
- Material presented in a step by step fashion, beginning with a depression quiz, anxiety quiz, and 'warpy thoughts' quiz. There are then several modules to work through based on cognitive, behavioural and interpersonal therapy techniques.
- Full version consists of 5 modules – 'Feelings', 'Thoughts', 'Unwarping', 'Destressing' and 'Relationships'
- Log in required. This enables user to start straight away from where they left off.

# Living life to the full

website: <http://www.livinglifetothefull.co.uk/>

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Run by – Dr Chris Williams.

Supported by – NHS Greater Glasgow, Depression Alliance Scotland.

## Overview

- Please see page 84 in the 'websites' section for a general overview of this website.

## Structure

- Module 1 Understanding why we feel as we do
- Module 2 Practical problem solving
- Module 3 Being assertive
- Module 4 Noticing extreme and unhelpful thinking
- Module 5 Changing extreme and unhelpful thinking
- Module 6 Overcoming reduced activity
- Module 7 Helpful and unhelpful behaviours
- Module 8 Overcoming sleep problems
- Module 9 Healthy Living
- Module 10 Mental health treatment options
- Module 11 Staying well/Planning for the future
- Module 12 Relaxation skills
- Each module can be used individually on a stand alone basis, or can be linked in with other modules.
- Modules are step by step, and include self assessment tools, structured activities and workbooks.

## How to cope when the going gets tough.

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Type of resource – Book on assertiveness and coping strategies.

Available from – Bookshops, Local Libraries – see 'books' section for more information.

Developed by – Windy Dryden & Jack Gordon (authors).

Supported by – Sheldon Press (publisher).

### Overview.

- Please see page 48 in the 'books' section, for a general overview, and for more information on the price and availability of this book.

### Structure.

- Consists of 6 sections designed to help us develop assertiveness, and cope with setbacks and rejection. Sections are titled below:
- When the going gets tough, become tough-minded.
- Coping when others criticize you.
- Expressing healthy criticism.
- Coping when others dislike and hate you.
- Expressing healthy disapproval and annoyance.
- How to keep coping when the going remains tough.

## Overcoming depression: A five areas approach.

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Type of resource – Book on mood/ depression management.

Available from – Bookshops, Local Libraries – see ‘books’ section for more information.

Developed by – Chris Williams (author).

Supported by – Hodder Arnold (publisher).

### Overview.

- Please see page 50 in the ‘books’ section, for a general overview, and for more information on the price and availability of this book.

### Structure.

- Overcoming Depression is a series of structured self-help workbooks, consisting of ten workbooks for use by people experiencing depression. Includes the following sections:
- Practical problem solving
- Managing reduced activity and unhelpful behaviours.
- Identifying and changing unhelpful thoughts.
- Being assertive.
- Overcoming sleep problems.
- Using antidepressant medication.
- Planning for the future.

## Overcoming depression: A self-help guide using cognitive behavioral techniques.

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Type of resource – Book on mood/ depression management.

Available from – Bookshops, Local Libraries – see ‘books’ section for more information.

Developed by – Paul Gilbert (author).

Supported by – Robinson Publishing (publisher).

### Overview.

- Please see page 52 in the ‘books’ section, for a general overview, and for more information on the price and availability of this book.

### Structure.

- The book explains how mind and body interact and how depression can evolve. Case histories are included.
- Part 1 – Understanding depression
- Part 2 – Learning how to cope
- Part 3 – Special problems (e.g. bullying, guilt, shame, anger).

# Down Your Drink

Website: [www.downyourdrink.org.uk](http://www.downyourdrink.org.uk)

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Run by – Alcohol concern

Supported by – Alcohol education and research council & the department of health.

## Overview.

- Please see page 80 in the 'websites' section for a general overview of this website.

## Structure.

- A 6 week self-help drink reduction programme designed to provide advice and support in changing drinking behaviour, by recognizing thoughts and changing actions.
- Week 1 – provides background information on excessive drinking, introduces a drinking diary and encourages you to weigh up the pro's and con's of cutting down. Includes an assessment questionnaire.
- Week 2 – Involves setting targets, introduces strategies for cutting down, encourages us to think about the benefits of cutting down.
- Week 3 – Encourages us to think about what triggers our drinking, gives us information on blood alcohol levels and how we can plan and record our targets
- Week 4 – Talks about withdrawal symptoms, self esteem, rewarding yourself and setting penalties for failing to meet targets.
- Week 5 – Contains relaxation exercises, challenging negative thoughts, living with your fears, and dealing with setbacks.
- Week 6 – Provides information on 'staying down' and dealing with the associated problems of staying down (e.g. lack of sleep, anxiety, low mood).

## Overcoming Binge Eating.

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Type of resource – Book on binge eating/ bulimia.

Available from – Bookshops, Local Libraries – see 'books' section for more information.

Developed by – Christopher Fairburn (author).

Supported by – Guilford Press (publisher).

### Overview.

- Please see page 56 in the 'books' section, for a general overview, and for more information on the price and availability of this book.

### Structure.

Part One provides a comprehensive and up-to-date account of current knowledge about binge eating problems. Chapters address:

- Who binges and why?
- How binge eating differs from everyday overeating
- Whether binge eating is an addiction
- How binge eating affects people emotionally and physically
- The ways those who binge can gain control.

Part Two of the book is a new self-help programme based on the most effective strategies for binge eating problems. Designed to be used on its own or in conjunction with therapy, the programme provides step-by-step guidance for

- Overcoming the urge to binge
- Gaining control of eating behaviour
- Reducing the risk of relapse
- Establishing stable, healthy eating habits.

## Overcoming mood swings – a self-help guide using cognitive behavioral techniques.

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Type of resource – Book on mood management.

Available from – Bookshops, Local Libraries – see ‘books’ section for more information.

Developed by – Jan Scott (author).

Supported by – Robinson (publisher).

### Overview.

- Please see page 60 in the ‘books’ section, for a general overview, and for more information on the price and availability of this book.

### Structure.

- This self-help guide consists of four parts. Part 1 deals with the basic information about manic depression. Parts 2 and 3 describe cognitive behavioural self-management techniques for coping with the illness. Part 4 gives a useful summary of relapse prevention techniques.
- The aims of each section of the book so that each part can be read on its own. It also enables readers to find the relevant information quickly at a later date. Each chapter also has a summary at the end to highlight the important points and a list of useful references, addresses of relevant organizations and websites is also given.

# Understanding Obsessions and Compulsions: A Self-help Manual.

Type of resource – Book on obsessions and compulsions.

Available from – Bookshops, Local Libraries – see ‘books’ section for more information.

Developed by – Frank Tallis (author).

Supported by – Sheldon (publisher).

## Overview.

- Please see page 61 in the ‘books’ section, for a general overview, and for more information on the price and availability of this book.

## Structure.

- This manual consists of 12 sections which are headed below:
- Obsessions
- Anxiety problems: how they start and how they can be overcome
- The development of obsessions and compulsions, and how to assess your symptoms
- Exposure therapy for obsessive-compulsive disorder: changing the way you behave
- Exposure therapy for obsessive-compulsive disorder: changing the way you think
- Exposure therapy for compulsive washing and cleaning
- Exposure therapy and other techniques for compulsive checking
- Self-help for slowness, symmetry, and hoarding
- Dealing with upsetting thoughts and excessive worry
- Managing obsessional personality traits
- Coping with concurrent depression
- Maintaining gains, coping with setbacks, and alternatives to self-help.

## Overcoming panic: A self-help guide using cognitive behavioral techniques.

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Type of resource – Book on panic.

Available from – Bookshops, Local Libraries – see ‘books’ section for more information.

Developed by – Derrick Silove (author).

Supported by – Robinson (publisher).

### Overview.

- Please see page 62 in the ‘books’ section, for a general overview, and for more information on the price and availability of this book.

### Structure.

- Contains 6 ‘steps’ designed to help reduce panic attacks and anxiety problems.
- Step one – Recognising when you’re anxious.
- Step two – Changing lifestyle factors that contribute to panic attacks.
- Step three – Controlling panic attacks.
- Step four – Changing unhelpful thinking styles.
- Step five – Dealing with physical sensations.
- Step six – Overcoming agoraphobia and troubleshooting problem areas.
- Preventing setbacks.

## Overcoming traumatic stress: a self-help guide using cognitive behavioural techniques

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Type of resource – Book on panic.

Available from – Bookshops, Local Libraries – see 'books' section for more information.

Developed by – Claudia Herbert and Ann Wetmore (authors).

Supported by – Constable and Robinson (publishers).

### Overview.

- Please see page 63 in the 'books' section, for a general overview, and for more information on the price and availability of this book.

### Structure.

- The book is designed to encourage changes in negative patterns of thought, to help sufferers, their families, and those who work with them to overcome the physical, mental, and emotional reactions of traumatic stress.

## Overcoming low self esteem: A self-help guide using cognitive behavioral techniques.

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Type of resource – Book on self esteem.

Available from – Bookshops, Local Libraries – see 'books' section for more information.

Developed by – Melanie Fennell (author).

Supported by – Robinson (publisher).

### Overview.

- Please see page 65 in the 'books' section, for a general overview, and for more information on the price and availability of this book.

### Structure.

- After an introduction to cognitive behavior therapy, the reader is then asked to participate in a self-assessment exercise. This aims to highlight not only the impact self-esteem can have on their lives, but also many of the resultant issues- physical, emotional and social.
- The author proceeds to explain the importance of and means to identifying triggers to bouts of low self-esteem. This can be as a long-established predilection or as the result of learned behaviour. Once this is achieved, Fennell goes on to advise ploys to overcome these triggers.
- The use of a Daily Action Diary (DAD) is then encouraged, where the reader plans their daily routine and creates achievable tasks. Once these "tasks" have been accomplished, they can be ticked off, proving not only self worth by achievement but also acting as a self-distracter.
- The book concludes by offering suggestions for "Putting Life Together" and "Planning for the Future". This is done by identifying and challenging self- critical thoughts – the book offers recommendations on how this can be achieved.

## 10 days to great self esteem.

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Type of resource – Book on self esteem.

Available from – Bookshops, Local Libraries – see ‘books’ section for more information.

Developed by – David Burns (author).

Supported by – Vermillion (publisher).

### Overview.

- Please see page 67 in the ‘books’ section, for a general overview, and for more information on the price and availability of this book.

### Structure.

- The book is based on a ten step programme designed to teach us specific techniques which can be useful for enhancing self esteem, productivity and happiness.
- Step 1 – The price of happiness
- Step 2 – You feel the way you think.
- Step 3 – You can change the way you feel.
- Step 4 – How to break out of a bad mood.
- Step 5 – The acceptance paradox.
- Step 6 – Getting down to root causes.
- Step 7 – Self esteem – what is it? How do I get it?
- Step 8 – The perfectionists script for self defeat.
- Step 9 – A prescription for procrastinators.
- Step 10 – Practice, practice, practice.

## Overcoming social anxiety: A self-help guide using cognitive behavioural techniques.

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- Type of resource – Book on social anxiety.
- Available from – Bookshops, Local Libraries – see 'books' section for more information.
- Developed by – Gillian Butler (author).
- Supported by – Robinson (publisher).

### Overview.

- Please see page 68 in the 'books' section, for a general overview, and for more information on the price and availability of this book.

### Structure.

- The book is divided into three sections: Part One which explains social anxiety, the role of this fear, its origins and what actually happens when social anxiety strikes
- Part Two gives a complete practical guide to overcoming these feelings, changing thinking patterns, reducing self-consciousness and building confidence.
- Part Three gives some "optional extras" such as explaining the legacy of being bullied and about how to learn to relax.

# The relaxation and stress reduction workbook.

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Type of resource – Book on relaxation and stress management.

Available from – Bookshops, Local Libraries – see ‘books’ section for more information.

Developed by – Martha Davis (author).

Supported by – New Harbinger (publisher).

## Overview.

- Please see page 70 in the ‘books’ section, for a general overview, and for more information on the price and availability of this book.

## Structure.

- Simple step-by-step directions for the developing skills in:
- Progressive Relaxation
- Self-Hypnosis
- Meditation
- Autogenics
- Visualisation
- Refuting Irrational Ideas
- Nutrition
- Coping Skills Training
- Biofeedback
- Exercise
- Assertiveness
- Thought Stopping
- Time Management
- Breathing
- Cue-Controlled Relaxation
- Quick ‘Relaxers’

# Glasgow STEPS

website: <http://www.glasgowsteps.com/>

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Run by – NHS Greater Glasgow

Supported by – South East Glasgow Primary Care Trust.

## Overview

- Please see page 82 in the 'websites' section for a general overview of this website.

## Structure

- A series of self-help booklets (around 30 pages each) on Alcohol problems, Anger, Anxiety, Bereavement, Panic attacks, Phobias, Self esteem, Sleep Problems, and stress.
- They consist of clearly defined steps designed to help us identify and challenge unhelpful thinking patterns, combined with behaviour strategies (e.g. relaxation techniques) to help alleviate problems.

# Newcastle, North Tyneside & Northumberland MHT.

<http://www.nnt.nhs.uk/mh/>

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Run by – Newcastle, North Tyneside and Northumberland Mental Health NHS Trust.

Supported by – Newcastle, North Tyneside and Northumberland Mental Health NHS Trust.

## Overview.

- For a general overview, please see page 89 in the 'websites' section.

## Structure.

- Twelve self-help leaflets (average 15-20 pages long each) in PDF format, available to read online or print.
- The leaflets aim to encourage the reader to explore their thoughts and feelings, and gives information on a range of strategies which can be used to alleviate the problems associated with a range of conditions.
- The leaflets cover – Bereavement, Controlling anger, Depression and low mood, Obsessions and Compulsions, Panic, Post Traumatic Stress, Shyness & Social Anxiety, Sleep Problems, Stress and anxiety, Stress, Understanding Voices & Disturbing Beliefs.

## Northamptonshire NHS Trust booklets.

Website: <http://www.northamptonshire.nhs.uk/mh/clinpsych.asp>

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Run by – Northamptonshire NHS Trust

Supported by – Northamptonshire NHS Trust

### Overview.

- For a general overview, please see page 91 in the 'websites' section.

### Structure.

- The leaflets aim to encourage the reader to explore their thoughts and feelings, and gives information on a range of strategies which can be used to alleviate the problems associated with a range of conditions.
- There are 11 booklets (titles below) which average about 10 pages long.
- The titles include: Anger problems, Agoraphobia, Assertiveness, Depression, Health anxiety, Family Feuds, Insomnia, Phobias, Stress, Tiredness, & 'You and your child's behaviour'

## Self Help Book reviews

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The following books are currently being used on a book prescription scheme run through collaboration with Plymouth City Council and 3 NHS Primary Care Trusts in and around Plymouth to provide access to a range of self help books designed for a wide range of problems. This list is adapted from a book prescription scheme developed from collaboration between the University of Cardiff, and several NHS trusts and library services in the area (Frude, 2005). The list is by no means exhaustive, although it is designed to provide self help for a wide range of different problems using a variety of methods.

Although the books can be bought new at the prices listed, all the books are available for sale at a much cheaper second hand price on sites such as [www.amazon.co.uk](http://www.amazon.co.uk) and may also be found in second hand bookshops.

By typing the author and title, or ISBN (the book number) into the [www.amazon.co.uk](http://www.amazon.co.uk) search box, you can also look at reader reviews along with more information on these books, and other books which are available.

Many of these books are available at your local library free of charge. Ask at your local library, or (if they offer the service) check online if you want to know if they hold a book you are interested in.

Details of each book, including a brief summary of its contents, are presented under the sections listed in the contents below. Please note that some categories are closely related (e.g. depression and self esteem), so it may be useful to refer to books in more than one section.

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## Anger management books

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### Managing anger: simple steps to dealing with frustration and threat.

Author: Lindenfield, Gael

ISBN: 0007100345

Publisher, date London: Thorsons, 2000

Pages + Size: 224 pages 20 cm long

Price: £7.99

#### Summary

- This book highlights the idea that anger is a very natural response to frustration, bereavement, loss, hurt or threat.
- Managing Anger explains the effects of anger on our bodies & minds, strategies for preventing the build up of frustration & how to keep calm when faced with outbursts.

Second Hand availability on Amazon?
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Yes
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## Anger management books

### Overcoming anger and irritability: a self-help guide using cognitive behavioral techniques

Author: Davies, William

ISBN: 1854875957

Publisher, date London: Constable and Robinson, 2000

Pages + Size: 214 pages, 19cm

Price: £9.99

**For a more in-depth look at the structure of this book, please look at page 17 in the 'programmes' section.**

#### Summary

- This volume is intended as a self-help manual for those who find that they are spoiling the lives of both themselves and those around them by constantly being irritable and angry.
- It has been written to explain why such bouts occur and what can be done, using cognitive behaviour therapy to overcome them.
- It takes a positive approach for which the long-term goal is lasting good temper and also looks at how best to handle situations which would tax even the most good natured person.

Second Hand availability on Amazon?
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Yes
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## Anxiety: General

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### Overcoming anxiety: a self-help guide using cognitive behavioral techniques

Author: Kennerley, Helen

ISBN: 1854874225

Publisher, date: London: Constable and Robinson, 1997

Pages + Size: 181 pages, 20cm

Price: £7.99

**For a more in-depth look at the structure of this book, please look at page 19 in the 'programmes' section.**

#### Summary

- A guide explaining how to overcome problem fears and anxieties of all kinds - from panic attacks and phobias to executive "burn out" - in order to regain confidence and self control.
- A step-by-step self-help plan is included.

Second Hand availability on Amazon?	Yes
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## Anxiety: General (cont.)

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### Overcoming anxiety: a five areas approach

Author: Williams, Chris

ISBN: 034081005X

Publisher, date: London: Arnold 2003

Pages + Size: 357 pages

Price: £19.99

**For a more in-depth look at the structure of this book, please look at page 20 in the 'programmes' section.**

#### Summary

- Divided into workbooks that are designed to help those experiencing mild to moderate levels of anxiety and panic.
- This book is easily accessible with boxes, checklists and bullet points to make the information easier to understand.
- The first workbooks should aid the reader in identifying and assessing the extent of their clinical problem.
- The book also teaches skills of self management, establishing regular sleep patterns and challenging fearful worries.

Second Hand availability on Amazon?
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Yes
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## Anxiety: General (Cont.)

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### The feeling good handbook

Author: Burns, David

ISBN: 0452281326

Publisher, date: New York City: Plume Books, 1999

Pages + Size: 608 pages

Price: £12.99

#### Summary

- This book discusses how to overcome fears, phobias, and panic attacks; improve intimate communication, and cope with anxiety disorders.
- Also includes information about commonly prescribed psychiatric drugs.

Second Hand availability on Amazon?	Yes
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# Assertiveness

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## A woman in your own right.

Author: Dickenson, Anne.

ISBN: 0704334208

Publisher, date: London, Quartet, 1982

Pages + Size: 162 pages, 20cm long

Price: £6.00

### Summary

- Anne Dickson defines assertiveness as the art of clear, honest and direct communication.
- An assertive approach builds self esteem and strengthens our ability to make our own choices in life, by helping us to manage the anxiety and stress of communicating in difficult situations.
- This book aims to explore the misery and frustration which can arise from being dominated and bullied by others, and how it can be dealt with.

Second Hand availability on Amazon?	Yes
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## Assertiveness (Cont.)

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### Emotional Confidence

Author: Lindenfield, Gael

ISBN: 0722532458

Publisher, date: London, Thorsons, 1997.

Pages + Size: 206 pages, 20cm long

Price: £6.99

#### Summary

- Gael Lindfield explores how we can control our emotions so that we can be successful and happy in our personal relationships and working lives and heal old and new emotional wounds.

Second Hand availability on Amazon?
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Yes
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## Assertiveness (Cont.)

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### How to cope when the going gets tough

Author: Dryden, Windy

ISBN: 0859697010

Publisher, date: London, Sheldon, 1994.

Pages + Size: 144 pages.

Price: £5.99

**For a more in-depth look at the structure of this book, please look at page 23 in the 'programmes' section.**

#### Summary

- A practical, confidence-building strategy is asserted in this book that focuses on the stresses and challenges of everyday living.
- It advises on how to deal with criticism and rejection, how to build assertiveness, and includes self-assessment exercises.

Second Hand availability on Amazon?	Yes
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# Bereavement

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## Living with loss

Author: Taylor, Liz McNeill

ISBN: 1841191051

Publisher, date: Robinson publishing, 2000.

Pages + Size: 224 pages, 19cm long.

Price: £7.99

### Summary

- Drawing mainly from her own experience of loss, the author deals with the subject of bereavement with honesty.
- She talks about money, sex and raising a family alone. She discusses her own progression from grief and despair to anger and then to adjustment, and describes how, she learned to enjoy life again.
- This book aims to show how best to heal oneself and how to build a new life by making the most of the many organisations and resources which help the bereaved.

Second Hand availability on Amazon?
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Yes
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## Depression/ mood problems

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### Overcoming depression: A five areas approach

Author: Williams, Chris

ISBN: 0340763833

Publisher, date: Hodder Arnold, 2001

Pages + Size: 240 pages.

Price: £19.99

**For a more in-depth look at the structure of this book, please look at page 24 in the 'programmes' section.**

#### Summary

- This book is divided into workbooks designed to help those experiencing mild to moderate levels of depression and mood problems.
- It provides a sequenced series of questions designed to bring about change in how the person thinks and what they do in order to improve how they feel.
- An accompanying health care practitioner's manual teaches health care workers how to use the workbooks most effectively with those experiencing depression.

Second Hand availability on Amazon?
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Yes
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## Depression/ mood problems

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Mind over mood: change how you feel by changing the way you think

Author: Greenberger, Dennis

ISBN: 0898621283

Publisher, date: New York City, Guilford, 1995.

Pages + Size: 250 pages.

Price: £16.95

### Summary

- This guide aims to help people successfully understand and improve their moods, alter their behaviour, and enhance their relationships.
- Illustrated with case examples, the book presents the skills for identifying problems, setting goals, and achieving the desired changes.

Second Hand availability on Amazon?
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Yes
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## Depression/ mood problems

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### Overcoming depression: a self-help guide using cognitive behavioral techniques

Author: Gilbert, Paul

ISBN: 1841191256

Publisher, date: Robinson Publishing, 2000.

Pages + Size: 352 pages, 198 x 129mm.

Price: £7.99

**For a more in-depth look at the structure of this book, please look at [page 25](#) in the 'programmes' section.**

#### Summary

- This self help guide is full of step-by-step suggestions, case examples and practical ideas for gaining control over depression and low mood.

Second Hand availability on Amazon?	Yes
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# Eating Disorders

## Anorexia nervosa: a survival guide for families, friends and sufferers

Author: Treasure, Janet.

ISBN: 0863777600

Publisher, date: Hove, E. Sussex: Brunner-Routledge, 2001.

Pages + Size: 161 pages.

Price: £11.95

### Summary

- In her work with patients and families Janet Treasure has tried to ensure that family and professionals collaborate and co-operate in order to overcome the power of the illness.
- Many families have used and commented on various versions of this book, and have helped to form its content.
- Anorexia nervosa is a difficult illness to experience and write about because it spans such an extreme range of severity and it can also develop in childhood and adulthood. Nevertheless, there is much common ground throughout the range. Readers are therefore encouraged to use this book as a tool box rather than a new engine and to ask the questions, 'Is this part relevant for me?', 'Can I use it?', 'Shall I try it?', rather than trying to fit it all into place and expecting it to run smoothly.

Second Hand availability on Amazon?
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Yes
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## Eating Disorders

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### Getting better bit(e) by bit(e): a survival kit for sufferers of bulimia nervosa and binge eating disorders

Author: Schmidt, Ulrike.

ISBN: 0863773222

Publisher, date: Hove, E. Sussex: Brunner-Routledge, 2001.

Pages + Size: 143 pages.

Price: £11.95

#### Summary

- This book is an easy to read step by step guide, illustrated with many real-life examples.
- It addresses the specific problems faced on a daily basis by bulimia sufferers.
- Issues covered in depth include: 1) how to cope with binges 2) cravings and urges, 3) the health risks of dieting, 4) how to achieve an optimal weight 5) how to give up vomiting, laxatives and diuretics 6) how to get fitter, 7) the wounds of childhood, 8) faulty thinking 9) assertiveness, 10) the slippery slope of drink and drugs 11) relationships and bulimia 12) common work problems, and 13) how to cope with set-backs.

Second Hand availability on Amazon?	Yes
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# Eating Disorders.

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## Bulimia Nervosa and binge-eating: a guide to recovery

Author: Cooper, Peter, J.

ISBN: 1854871714

Publisher, date: Constable and Robinson, 1993.

Pages + Size: 160 pages.

Price: £7.99

### Summary

- This book is a source of information and understanding for sufferers as well as for those, such as family members and friends, who need to develop a better understanding of the illness.
- It includes an account of the illness, an explanation of the nature of disturbances in eating habits and the psychological and social problems they cause, an account of the medical complications and an analysis of all the treatments available and their likely outcomes.
- The authors have included a self-help guide for those who want to tackle their difficulties on their own, offering a step-by-step programme to recovery.

Second Hand availability on Amazon?
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Yes
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# Eating Disorders.

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## Overcoming binge eating

Author: Fairburn, C.G.

ISBN: 0898621798

Publisher, date: London, Guilford, 1995.

Pages + Size: 246 pages.

Price: £13.50

**For a more in-depth look at the structure of this book, please look at [page 27](#) in the 'programmes' section.**

### Summary

- Part One provides a comprehensive and up-to-date account of current knowledge about binge eating problems. Chapters address such issues as: 1) Who binges and why? 2) How binge eating differs from everyday overeating 3) Whether binge eating is an addiction 4) How binge eating affects people emotionally and physically 5) The ways those who binge can gain control.
- Part Two of the book is a new self-help programme based on the most effective strategies for binge eating problems. Designed to be used on its own or in conjunction with therapy, the programme provides step-by-step guidance for 1) Overcoming the urge to binge 2) Gaining control of eating behaviour 3) Reducing the risk of relapse 4) Establishing stable, healthy eating habits.

Second Hand availability on Amazon?
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Yes
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## Gambling Problems.

### Overcoming compulsive gambling: a self-help guide to using cognitive behavioral techniques

Author: Blaszczynski, Alex .

ISBN: 1854874845

Publisher, date: London, Robinson publishing, 1998.

Pages + Size: 212 pages, 20cm.

Price: £7.99

#### Summary

- A self-help guide to curing compulsive gambling problems through cognitive behavioural techniques. The text consists of a definition and discussion of the issues and a step-by-step recovery programme.

Second Hand availability on Amazon?
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Yes
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# Head Trauma

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## Head injury: A practical guide.

Author: Powell, Trevor.

ISBN: 0863884512

Publisher, date: Oxford, Speechmark, 2004.

Pages + Size: 256 pages.

Price: £19.95

### Summary

- This book is written in a jargon-free style and addresses the medical problems, rehabilitation and adjustment of individuals and families to the realities of life after head injury.
- Contains personal experiences, factual information and research and specific guidance and practical advice on ways of dealing with difficulties connected with head injury.

Second Hand availability on Amazon?
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Yes
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## Health Anxiety

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Stop worrying about your health: how to quit obsessing about symptoms and feel better now.

Author: Zgourides, George.

ISBN: 157224285X

Publisher, date: Oakland, CA: New Harbinger, 2002.

Pages + Size: 171 pages.

Price: £11.99

### Summary

- Provides insight into why we suffer from health anxiety, how to cope and ways in which we can help ourselves.
- Includes real life events and stories from people describing their health anxiety.

Second Hand availability on Amazon?
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Yes
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# Mood swings and bipolar disorder

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## Overcoming mood swings: a self-help guide using cognitive behavioral techniques

Author: Scott, Jan.

ISBN: 1841190179

Publisher, date: Robinson, 2001.

Pages + Size: 258 pages.

Price: £7.99

**For a more in-depth look at the structure of this book, please look at [page 28](#) in the 'programmes' section.**

### Summary

- Designed as a self-help manual for those readers who have experienced mood swings, this volume also provides background information on depression and mania.
- Principally, it explains how cognitive behavioural therapy can be used to treat emotional disorders by changing negative patterns of thought.
- The author presents tested practical techniques aimed to help people identify and manage their mood swings more effectively.

Second Hand availability on Amazon?
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Yes
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# Obsessive Compulsive Disorder.

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## Understanding Obsessions and Compulsions: A Self-help Manual.

Author: Tallis, Frank.

ISBN: 0859696529

Publisher, date: Sheldon, 1992.

Pages + Size: 138 pages.

Price: £7.99

**For a more in-depth look at the structure of this book, please look at [page 29](#) in the 'programmes' section.**

### Summary

- People suffering from some degree of obsessive compulsive disorder may be embarrassed by their symptoms and not present themselves for treatment.
- This book therefore attempts to provide a comprehensive guide to self-help, explaining the principles of anxiety reduction, giving treatment instructions in easy-to-understand language.
- It covers compulsive checking, washing, hoarding, obsessional thoughts and worry, obsessional personality and depression.

Second Hand availability on Amazon?	Yes
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## Panic

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### Overcoming panic: a self-help guide using cognitive behavioral techniques

Author: Silove, Derrick.

ISBN: 1854877011

Publisher, date: London: Robinson Publishing, 1997 .

Pages + Size: 143 pages.

Price: £7.99

**For a more in-depth look at the structure of this book, please look at page 30 in the 'programmes' section.**

#### Summary

- A complete course to help the reader beat panic attacks and the stresses they cause.
- The author, who has both researched and taught self-help techniques, describes clinically-supported therapy techniques.

Second Hand availability on Amazon?
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Yes
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## Post traumatic stress

### Overcoming traumatic stress: a self-help guide using cognitive behavioural techniques

Author: Herbert, Claudia.

ISBN: 1841190160

Publisher, date: London: Robinson Publishing, 1999 .

Pages + Size: 256 pages.

Price: £7.99

**For a more in-depth look at the structure of this book, please look at [page 31](#) in the 'programmes' section.**

#### Summary

- This is a self-help guide aimed to help sufferers, their families and those who work with them to understand the physical, mental and emotional reactions of traumatic stress.
- It works through accepting and managing those reactions, learning to accept the trauma itself and then letting go and moving on.
- This book is one of a series on curing common psychological problems using cognitive behavioural techniques that help you to unlearn bad habits and replace them with healthy ones.

Second Hand availability on Amazon?
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Yes
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## Self esteem

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### Self Esteem: Simple Steps to Develop Self-reliance and Perseverance

Author: Lindenfield, Gael

ISBN: 0722540078

Publisher, date: London: Thorsons, 2000.

Pages + Size: 180 pages, 19cm long.

Price: £7.99

#### Summary

- Poor self-esteem can sabotage relationships and careers, cause self-destructive behaviour and can hold us back from achieving our full potential.
- The beginnings of poor self-esteem usually lie far back in our childhood, but our confidence can easily be knocked in our adult life by criticism and trauma.
- This is a practical programme, which claims to make us feel more energized and self-reliant than ever before; and ultimately, overcome our doubts and fears to achieve self-fulfilment.

Second Hand availability on Amazon?	Yes
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## Self esteem (cont.)

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### Overcoming low self-esteem: a self-help guide using cognitive behavioral techniques

Author: Fennell, Melanie J.V.

ISBN: 1854877259

Publisher, date: London: Robinsons, 1999.

Pages + Size: 275 pages.

Price: £7.99

**For a more in-depth look at the structure of this book, please look at [page 32](#) in the 'programmes' section.**

#### Summary

- This is a guide which is full of real-life examples, intended for people who suffer from low self-esteem and for those who help them: their friends, families, psychologists, counsellors and doctors.
- It aims to help you understand how you came to think badly of yourself and change your negative view for one that is more positive and self-accepting.
- It uses cognitive, behavioural therapy – a treatment shown to be effective for many, in a simple and logical programme for change.

Second Hand availability on Amazon?	Yes
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## Self esteem (cont.)

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### Self-esteem for women: a practical guide to love, intimacy and success

Author: Field, Lynda

ISBN: 009187632X

Publisher, date: Vermilion, 2001.

Pages + Size: 165 pages.

Price: £6.99

#### Summary

- This guide shows how women can make changes in their lives by using a mixture of visualization techniques, positive affirmations and a five-step programme for change.
- Women can learn to believe in themselves, increase their self-esteem, how to succeed in love and enjoy their personal power.

Second Hand availability on Amazon?	Yes
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## Self esteem (cont.)

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### 10 days to great self-esteem

Author: Burns, David D.

ISBN: 0091825628

Publisher, date: Vermilion, 2000.

Pages + Size: 331 pages.

Price: £9.99

**For a more in-depth look at the structure of this book, please look at page 33 in the 'programmes' section.**

#### Summary

- This book contains a 10 step programme to help you learn specific techniques to enhance self esteem, productivity and happiness.
- Provides hope, compassion and healing for people suffering from low self-esteem or unhappiness.

Second Hand availability on Amazon?	Yes
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# Social Anxiety

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## Overcoming social anxiety: a self-help guide using cognitive behavioural techniques

Author: Butler, Gillian.

ISBN: 1854877038

Publisher, date: London, Robinson, 1999

Pages + Size: 256 pages, 20cm.

Price: £7.99

**For a more in-depth look at the structure of this book, please look at [page 34](#) in the 'programmes' section.**

### Summary

- Through the use of real-life examples and cognitive behavioural techniques, this book attempts to help the reader unlearn bad habits and replace them with healthy ones.
- It outlines the nature of shyness, the symptoms and possible causes and explains how to deal with upsetting thoughts, overcome avoidance and manage symptoms of anxiety through relaxation, distraction and panic management.

Second Hand availability on Amazon?	Yes
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# Stress and Worry.

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## How to stop worrying

Author: Tallis, Frank.

ISBN: 0859696103

Publisher, date: Sheldon Press, 1990

Pages + Size: 96 pages.

Price: £7.99

### Summary

- A guide to making worry work for you, helping you to avoid stress and anxiety.
- The author sets out to teach how to understand fear and face the possibilities of life calmly.

Second Hand availability on Amazon?	Yes
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## Stress and Worry (cont.)

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### The relaxation & stress reduction workbook

Author: Davis, Martha.

ISBN: 1572242140

Publisher, date: Oakland, CA: New Harbinger, 1995

Pages + Size: 294 pages.

Price: £16.99

**For a more in-depth look at the structure of this book, please look at page 35 in the 'programmes' section.**

#### Summary

- Provides methods for coping with stress, including progressive relaxation techniques, time management, nutrition and exercise.
- Contains worksheets on each section.

Second Hand availability on Amazon?	Yes
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## Stress and Worry (cont.)

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### Managing stress

Author: Looker, Terry.

ISBN: 0340860073

Publisher, date: Teach Yourself, 2003

Pages + Size: 214 pages, 20cm long.

Price: £8.99

#### Summary

- Some stress is beneficial and some is harmful. This guide to stress management shows the reader how to differentiate between the two and plan a strategy to deal with the harmful stress.

Second Hand availability on Amazon?	Yes
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## Survivors of Abuse.

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### Breaking free: help for survivors of child sexual abuse

Author: Ainscough, Carolyn & Toon, Kay.

ISBN: 0859698106

Publisher, date: Sheldon Press, 2000

Pages + Size: 309 pages.

Price: £12.99

#### Summary

- This book is designed to help survivors of child sexual abuse. It investigates all the effects of child sexual abuse, which often persist into adult life - guilt and shame, depression and anxiety, eating disorders, fear of relationships and sexual problems.
- It includes discussion of false memory syndrome and female abusers, and draws on accounts of survivors who want their voices to be heard, offering a positive and optimistic approach to help survivors break free from the past.
- A workbook is now available from the same authors containing practical strategies for survivors. ISBN number: 0-85969-804-1

Second Hand availability on Amazon?	Yes
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## Survivors of Abuse (cont.)

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### The courage to heal: a guide for women survivors of child sexual abuse

Author: Bass, Ellen

ISBN: 0091884209

Publisher, date: Vermilion, 2002

Pages + Size: 495 pages.

Price: £12.99

#### Summary

- Based on the experiences of hundreds of survivors, this work profiles victims who share the challenges and triumphs of their personal healing processes.
- It offers mental, emotional and physical support to all people who are in the process of rebuilding their lives.
- It offers hope, encouragement and practical advice to every woman who was sexually abused as a child and answers some vital questions including where the decision to heal starts, how you can break the silence, who will listen and the therapy, support groups and organizations that are available.

Second Hand availability on Amazon?	Yes
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# Self-help Websites.

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Listed in this section are a list of 'self-help' websites that have been recommended by service users and practitioners, or found after searching manually. They cover a wide range of information and programmes, and offer information and more structured self-help programmes on a range of problems and disorders, as well as information and guidance on what health services and treatment options are available.

Since such a broad area is being covered, many of the websites may not be relevant to you. Therefore a brief overview, and the possible drawbacks to each site are mentioned briefly. Those websites which specifically give information, or provide a structured programme are also mentioned in the 'self-help information' and 'self-help programmes' sections, where more information is given on how each site is structured, and how it can be used. The websites are listed alphabetically.

## Contents and summary: Self-help websites.

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BBC website	Covers a wide range of specific disorders and general wellbeing.	77
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Channel 4 website	Covers a wide range of specific disorders, 'people's stories' and 'getting help & support.'	79
Down Your Drink.	A drink reduction programme	80
Eating disorders association	Information and support for sufferers and carers of those with various eating disorders.	81
Glasgow Steps	Self-help booklets on a wide range of specific disorders.	82
Here to help	Covers stress/ mood problems and general wellbeing.	83
Living life to the full.	Covers depression/ anxiety/ general wellbeing.	84
Mind	Over 90 booklets on specific disorders and general wellbeing/ support.	85

## Contents and summary (cont.): Self-help websites.

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Newcastle	Wide range of specific problems.	89
NHS Direct	'Health encyclopaedia' – range of specific problems and general wellbeing.	90
Northamptons hire	Anger, agoraphobia, assertiveness, depression, phobia, stress, tiredness, children	91
Problem solving handbook	Problem solving/ life skills.	92
Prodigy	Wide range of specific disorders	93
Surgery door	Alcohol, healthy eating, anxiety, stress, depression, getting active.	94

# BBC website – mental health

[www.bbc.co.uk/health/mental](http://www.bbc.co.uk/health/mental)

Run by – The BBC

Supported by – The BBC

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**Please see page 11 in information section for more details on this website.**

## Overview.

- Information on Disorders
  - Anxiety,
  - Alzheimer's,
  - Bipolar disorder,
  - Depression
  - Emotional Health
  - Supporting and Caring
  - Inside a hospital
  - Therapy and Therapists
  - Coping techniques
  - Drugs and Medication'
- Also contains some interactive self-help programmes for managing anger, stress, panic, self esteem, and coping skills.
- Well designed and easy to navigate.

## Potential drawbacks.

- The interactive material is rather limited.

Other languages – No

Large text – No

Audio – No

# Best Treatments

[www.besttreatments.co.uk](http://www.besttreatments.co.uk)

Run by – British Medical Journal Publishing Group.  
Supported by – British Medical Association in association  
with NHS direct.

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## Overview.

- Extensive information for service users and practitioners on a range of problems and the different treatment approaches employed to deal with them.

## Potential drawbacks.

- More general holistic approaches to wellbeing tend to be downplayed compared to 'prescriptive' treatments (e.g. drug treatment, Cognitive Behaviour Therapy).
- Some of the information is very brief.

Other languages – No

Large text – No

Audio – No

# Channel 4 website

[www.channel4.com/health](http://www.channel4.com/health) then click on the 'mind' link.

Run by – Channel 4 television

Supported by – Channel 4 television.

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**For more information on this website, please see page 12 in the information section.**

## Overview

- Information on following problems -
  - Tourettes
  - Anxiety
  - Phobias
  - Obsessive Compulsive problems
  - Bereavement
  - Panic attacks
  - Manic depression
  - Post natal depression
  - Suicidal feelings
  - Am I losing my mind?
  - Depression
  - Self harm
  - Schizophrenia
  - Dementia
  - Self harm in children.
- Also information on mental health issues, people's experiences, and where to get treatment and support.

## Potential drawbacks

- Information only – no interactive material, or programmes to work through.

Other languages – No

Large text – No

Audio – No

# Down Your Drink

[www.downyourdrink.org.uk](http://www.downyourdrink.org.uk)

Run by – Alcohol concern

Supported by – Alcohol education and research council & the department of health.

---

**For a more in-depth look at the structure of this website, please look at page 26 in the ‘programmes’ section.**

## Overview.

- A 6 week self-help drink reduction programme designed to provide advice and support in changing drinking behaviour, by recognizing thoughts and changing actions.
- Well structured (split into 6 weekly sections) and easy to follow.
- Includes a drinking and thoughts diary and questionnaire, which can be referred back to during the course.
- Quick, free registration required – when activated, reminders and tips can be sent via e-mail and thoughts can be added to the online diary via SMS text message.

## Potential drawbacks.

- programme is lengthy and requires high levels of motivation and commitment.
- Registration requires an E-mail address.

Other languages – No

Large text – No

Audio – No

# Eating Disorders Association

[www.edauk.com](http://www.edauk.com)

Run by – Eating Disorders Association.

Supported by – Eating Disorders Association.

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## Overview.

- Information on various eating disorders for sufferers, carers and health workers with links to telephone support and a message board.
- Information booklets on 'Understanding eating disorders' 'Eating disorders for young people' and 'men with eating disorders' are available to view online, print or order a hard copy for free.

## Potential drawbacks.

- Links were presented as a long unordered list making them hard to navigate.

Other languages – No

Large text – No

Audio – No

# Glasgow STEPS

<http://www.glasgowsteps.com/>

Run by – NHS Greater Glasgow

Supported by – South East Glasgow Primary Care Trust.

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**For a more in-depth look at the structure of this website, please look at page 36 in the 'programmes' section.**

## Overview

- A series of self-help booklets (around 30 pages each) on Alcohol problems, Anger, Anxiety, Bereavement, Panic attacks, Phobias, Self esteem, Sleep Problems, and stress.
- A 'people's stories' section, which recounts the stories of 8 people with various mental health problems.
- A list of local and national support groups.

## Potential drawbacks.

- The books are PDF files averaging around 30 pages long. These may be difficult to follow for some people.
- The local organizations listed may not be relevant for people living outside the Glasgow area.

Other languages – No

Large text – No

Audio – No

# Here to Help.

<http://www.heretohelp.bc.ca/helpmewith>

Run by – The British Colombian Partners for mental health and addictions information

Supported by – The Provincial health services authority.

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## Overview.

- 5 'toolkits' for 'mental disorders' 'families' 'problem substance use' 'anxiety' and 'depression.'
- Each toolkit is a 30-50 page PDF which provides information and strategies useful for understanding and self managing problems.
- There are also 8 'wellness' modules on 'mental health', 'stress', 'social support', 'problem solving', 'anger management', 'sleep', 'diet', and 'healthy thinking'. Each 4 page leaflet is designed to promote mental wellbeing.

## Potential Drawbacks.

- The toolkits contain very dense, lengthy information, which, while informative may be overwhelming for some people.
- The website is Canadian, so small pieces of information (e.g. local services) may be irrelevant.

Other languages – No

Large text – Yes

Audio – No

# Living life to the full

<http://www.livinglifetothefull.co.uk/>

Run by – Dr Chris Williams.

Supported by – NHS Greater Glasgow, Depression Alliance Scotland & the Centre for Change and Innovation.

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**For a more in-depth look at the structure of this website, please look at page 22 in the ‘programmes’ section.**

## Overview

- A series of user-friendly step by step self-help workbooks designed to alleviate feelings of anxiety and depression.
- Based on the books ‘Overcoming anxiety’ and ‘Overcoming Depression’ By Chris Williams.
- Sections include – Problem solving, Assertiveness, Unhelpful thinking, reduced activity, unhelpful behaviours, sleep problems, healthy living, staying well, and anxiety control.
- Sections include quizzes and written exercises. There is also a screening questionnaire designed to measure depression.

## Potential Drawbacks

- E-mail address required for free registration

Other languages – No

Large text – Yes

Audio – Yes

# Mind website

[www.mind.org.uk/information](http://www.mind.org.uk/information)

Run By – Mind (National Association for Mental Health).

Supported by – Mind (National Association for Mental Health).

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**Please see page 13 in the ‘information’ section for more details.**

## Overview.

- A broad range of over 90 booklets on how to maintain and improve mental health and prevent distress for a range of problems.
- Booklets also cover information on medications and other forms of treatment, and the rights of the service user.
- Booklets are available online to view and print, or buy through the online shop, priced at £1.00 each.
- Also contains links to local mind services (i.e. local groups, day centres, drop in centres, information).

## Potential Drawbacks.

- Although it is free to view the booklets online and print them, there is a charge to buy hard copies.
- There is a vast collection of booklets – it may be difficult to decide which ones are most appropriate, given the vast choice.

Other languages – Only for ‘understanding mental illness’ booklets.

Large text – Yes

Audio – Yes

# Mood Gym

<http://moodgym.anu.edu.au>

Run By - Centre for Mental Health Research: Australian National University.

Supported by - Centre for Mental Health Research: Australian National University.

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**For a more in-depth look at the structure of this website, please see page 21 in the 'programmes' section.**

## Overview.

- A highly structured, interactive programme designed for dealing with anxiety and depression.
- 6 different versions available – 'Full programme', 'Brief material', 'Brief with stress management + problem solving', 'Brief with problem solving alone', 'Full programme with problem solving', and 'Everything but stress management'. A version has also been developed for use with a health professional.
- Full version consists of 5 modules – 'Feelings', 'Thoughts', 'Unwarping', 'Destressing' and 'Relationships'
- Material presented in a step by step fashion, beginning with a depression quiz, anxiety quiz, and 'warpy thoughts' quiz. There are then several modules to work through based on cognitive behavioural and interpersonal therapy techniques.
- Log in required, enables user to go back where they left off.

## Potential Drawbacks.

- Information is presented in a very step by step style, with a little bit of information on each page. While this may be beneficial for some (as the material is more 'bitesized'), it may be frustrating for those who have to wait a long time for each new page to load, and find themselves continually clicking to get to the next page.
- The 'Full length' version is very large, and the introductions and 'quizzes' at the beginning take a long time to complete (about 15 minutes) before the 1st module can be started.
- The site asks you to make a decision on which programme you would like to complete before you have had a chance to look at the material and make an informed choice.

Other languages – No

Large text – No

Audio – No

# Moodjuice

<http://www.moodjuice.scot.nhs.uk>

Run By – Adult Clinical Psychology Department, Larbert.  
Supported by – NHS Forth Valley

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## Overview.

- Self-help information for many different areas of life including –
- Life skills – Housing, Education, Finances, Jobs, and legal rights
- Healthy living – Hobbies, meeting people, exercise, drugs, diet & sleep.
- Relationships – Close relationships, social anxiety, isolation, dealing with people.
- Feelings and behaviour – Trauma, stress, panic, depression, anger, obsessions and compulsions, anxiety.
- Finding meaning – Statistics in mental health, bereavement, books, personal experiences and spirituality/ religion.

## Potential Drawbacks.

- As of date, many of the links mentioned above contain sparse, or absent information, and those which do are only relevant to the local area around the Forth Valley.
- The 'feelings and behaviours' section is the only reliable source within this site which is not restricted by locality.

Other languages – No

Large text – Yes

Audio – No

# Multikulti

[www.multikulti.org.uk](http://www.multikulti.org.uk)

run by – London Advice Services Alliance (LASA)  
supported by – Association of London Government.

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## Overview

- Information, with some limited self-help information on Depression, Schizophrenia, Post natal Depression, Post Traumatic Stress, Mental Wellbeing, and Access to Health Services.
- Information is available in Albanian, Arabic, Bengali, Chinese, English, Farsi, French, Gujarati, Somali, Spanish, Portuguese, Turkish, and Urdu.

## Potential drawbacks.

- Information is rather brief and limited – useful for its range of languages, but more in-depth information can be found from other websites.

Other languages – Yes

Large text – No

Audio – No

## Newcastle, North Tyneside & Northumberland MHT.

<http://www.nnt.nhs.uk/mh/>

Run by – Newcastle, North Tyneside and Northumberland Mental Health NHS Trust.

Supported by – Newcastle, North Tyneside and Northumberland Mental Health NHS Trust.

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**For a more in-depth look at the structure of this website, please see page 37 in the ‘programmes’ section.**

### Overview.

- Self-help leaflets (average 15-20 pages long each) in PDF format, available to read online or print.
- Leaflets cover – Bereavement, Controlling anger, Depression and low mood, Obsessions and Compulsions, Panic, Post Traumatic Stress, Shyness & Social Anxiety, Sleep Problems, Stress and anxiety, Stress, Understanding Voices & Disturbing Beliefs.

### Potential drawbacks.

- PDF format instead of a step by step online guide.
- Leaflets must be printed in order to write on the thoughts and activities sections.

Other languages – No

Large text – No

Audio – No

## NHS direct.

[www.nhsdirect.nhs.uk](http://www.nhsdirect.nhs.uk)

Run by – NHS

Supported by – Department of Health

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Please see page 14 in the 'information' section for more details.

### Overview.

- A general health website containing information on general wellbeing along with a 'health encyclopaedia' for a range of specific problems/ conditions.
- Information about what NHS services are available and how they are accessible.
- Information on a range of medications.
- A 24 hour enquiry service accessible by phone, e-mail or through digital television.

### Potential drawbacks.

- The information is mixed in with general medical health, which makes the database of information large and possibly difficult to navigate.
- Information on treatments only briefly refers to self-help and other psychological treatments.

Other languages – No

Large text – No

Audio – No

# Northamptonshire NHS Trust self-help booklets.

<http://www.northamptonshire.nhs.uk/mh/clinpsych.asp>

Run by – Northamptonshire NHS Trust

Supported by – Northamptonshire NHS Trust

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**For a more in-depth look at the structure of this website, please look at page 38 in the 'programmes' section.**

## Overview.

- Information and self-help on Anger, Agoraphobia, Assertiveness, Depression, Health anxiety, Family Feuds, Insomnia, Phobias, Stress, Tiredness, & 'You and your child's behaviour'
- Each booklet averages around 10 pages long.

## Potential Drawbacks.

- Dense text.
- PDF format – booklets must be printed in order to fill in the activities.
- Some of the leaflets provide information only (i.e. not a structured programme).

Other languages – No

Large text – No

Audio – No

## Problem solving handbook – York Health Services.

[http://www.nyx.org.uk/modernprogrammes/mentalhealth/worddocs/york\\_health\\_services/nurse\\_led\\_handbook5.doc](http://www.nyx.org.uk/modernprogrammes/mentalhealth/worddocs/york_health_services/nurse_led_handbook5.doc)

Run By – York Health Services

Supported by – York Health Services

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### Overview.

- A 22 page word document based on problem solving to alleviate mental health problems, including written activities.

### Potential Drawbacks.

- Word format is very plain/ monotonous.

Other languages – No

Large text – No

Audio – No

# Prodigy

<http://www.prodigy.nhs.uk/PILs/indexself.asp>

Run by – Sowerby Centre for Health Informatics at Newcastle.

Supported by – Department of Health.

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## Overview.

- An NHS affiliated website providing a database which summarises many different mental health websites and support organisations for dementia, depression, eating disorders, psychosis, stress, and anxiety.
- The Patient Information Leaflets provide information and self-help guides for Alcoholism, Anger, Anxiety, Bereavement, Dementia, Depression, Insomnia, OCD, Panic, Phobias (agoraphobia, social phobia, other phobias), relaxation exercises, schizophrenia, SAD, somatoform disorders, and 'Stress and how to avoid it'.

## Potential drawbacks.

- No opportunities for online interaction with the material (i.e. must be printed to write on them).
- Many of the information leaflets only contain brief information + no self-help guide.

Other languages – No

Large text – Yes

Audio – No

# Surgery door.

[www.surgerydoor.co.uk/3cities](http://www.surgerydoor.co.uk/3cities)

Run by – Sounds Healthy: Part of the Health Action Zone Pilot Project in Sheffield Leicester and Nottingham.

Supported by – College of Health, Diabetes UK, The British Nutrition Foundation and the National Dairy Council.

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## Overview.

- Self-help material on Alcohol, healthy eating, anxiety, stress, depression + low mood, and getting active.
- Available in Arabic, Chinese, Gujarati, Somali, Bengali, English, Punjabi and Urdu.

## Potential drawbacks.

- Although the site is easy to navigate, the screen with the information on is frustrating to scroll through, as it will only scroll through at a constant speed, and goes back to the start every time you revisit the page. This is because the interface was originally designed for touch screen computers. However, each document will print off, allowing the user to scan through the material a lot easier.
- It is not possible to interact with the material online.

Other languages – Yes

Large text – No

Audio – Yes

## National support organisations (in alphabetical order by organisation)

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ASPIRE (formerly COMMUNITY COUNSELLING SERVICE) – offers free confidential counselling to anyone in need and will accept self-referral.  
Tel. 01977 609988 Thursday pm – answer phone that will accept messages at other times.

ASSOCIATION FOR POST NATAL ILLNESS – can provide information and support to women and other family members affected by postnatal illness  
Tel. 020 7386 0868  
Website: [www.apni.org](http://www.apni.org)

BACK IN TOUCH PROJECT – aimed at helping people who are receiving treatment for a mental health problem get back into work or education.  
Tel. 01924 339345

BPD WORLD (BORDERLINE PERSONALITY DISORDER) – provides free counselling, befriending and advocacy services, advice on benefits and housing and crisis support. Also offers a drop-in service on Mondays 12noon – 9pm  
Telephone help line (24hrs) 0870 0053273  
Website: [www.bpdworld.org](http://www.bpdworld.org)

CITIZENS ADVICE BUREAU – can provide information and support regarding a wide variety of problems including debt management, benefits and housing.  
Local Help line 0870 1212044  
Website: [www.nacab.org.uk](http://www.nacab.org.uk) or [www.adviceguide.org.uk](http://www.adviceguide.org.uk)

COMPASSIONATE FRIENDS – offer support to families in which a child, of any age, has died from any cause.  
Help line 08451 232304 open 10am – 4pm and 6.30pm - 10.30pm 7 days a week.  
Website: [www.tcf.org.uk](http://www.tcf.org.uk)

CRUSE Bereavement Care. Provide support and information to those affected by any kind of loss or bereavement. Help can be offered both individually and in local groups. National Help line 0870 167 1677  
Website: [www.crusebereavementcare.org.uk](http://www.crusebereavementcare.org.uk)

## National support organisations (cont.)

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DEPRESSION ALLIANCE – national charitable organisation offering help and support to those affected by depression, including families and carers.

Tel. 0845 123 23 20

Website: [www.depressionalliance.org](http://www.depressionalliance.org)

FOUNDATION for the STUDY of INFANT DEATHS – offers support and information for families affected by the loss of an infant and for relatives, friends and professionals involved with such a family. Open 9 am to 11 pm Monday to Friday and 6 pm to 11 pm weekends

Help line 020 7233 2090

Website: [www.sids.org.uk](http://www.sids.org.uk)

GINGERBREAD – charitable organisation offering information and support to lone parents.

Advice line 0800 0184318 Monday to Friday 10 am to 4 pm

Website: [www.gingerbread.org.uk](http://www.gingerbread.org.uk)

MISCARRIAGE ASSOCIATION – provides support and information on pregnancy loss.

Tel: 01924 200799. Monday to Friday 9am – 4 pm

Website: [www.miscarriageassociation.org.uk](http://www.miscarriageassociation.org.uk)

NATIONAL DEBT LINE - provides free, confidential and independent advice on how to deal with debt problems.

National help line 0808 808 4000

Website: [www.nationaldebtline.org.uk](http://www.nationaldebtline.org.uk)

NSPCC – offers free, 24-hour help line support to parents who are at risk of harming their children or to children who are being abused.

National Help line 0808 800 5000

Website: [www.nspcc.org.uk](http://www.nspcc.org.uk)

## National support organisations (cont.)

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**PAIN CONCERN** – a charity offering information and support for pain sufferers, those who care for them and about them.

Help line 01620 822572. Monday to Friday 9 am to 5 pm and Friday 6.30 pm to 7.30 pm

Website: [www.painconcern.org.uk](http://www.painconcern.org.uk)

**RELATE** Offers counselling, psychosexual therapy and other services to help in marriage/adult relationships.

Website: [www.relate.org.uk](http://www.relate.org.uk)

**SAMARITANS** – 24 hour support for people who are suicidal or in despair. The national telephone number (08457 909090) will connect the caller to the nearest local service.

Website: [www.samaritans.org.uk](http://www.samaritans.org.uk)

**SHAW TRUST** – a national charity that provides training and work opportunities for people who are disadvantaged in the workplace due to disability, ill health or social circumstances.

Tel.no: 01924 202200 or 0800 085 1001

Website: [www.shaw-trust.org.uk](http://www.shaw-trust.org.uk)

**SOBS (SURVIVORS OF BEREAVEMENT BY SUICIDE)** – a self-help voluntary organisation offering help in a variety of ways to those affected by the suicide of a relative or friend.

National Help Line: 0870 241 3337 available 9am to 9pm every day.

Website: [www.uk-sobs.org.uk](http://www.uk-sobs.org.uk)

**STILLBIRTH AND NEONATAL DEATH SOCIETY (SANDS)** – helps families affected by the death of a baby during pregnancy or around the time of birth.

Help line no. 020 7436 5881. Monday to Friday 9.30 am to 5.30 pm

Website: [www.uk-sands.org](http://www.uk-sands.org)

**SURE START** – offers a variety of services to families with children between 0 and 14 years old.

Website: [www.surestart.gov.uk](http://www.surestart.gov.uk)

## National support organisations (cont.)

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TURNING POINT – support, counselling information and advice for drug users seeking help.  
Website: [www.turning-point.co.uk](http://www.turning-point.co.uk)

VICTIM SUPPORT – can offer support and information to victims of crime, including sexual abuse.

National Support Line 0845 30 30 900

Website: [www.victimsupport.org](http://www.victimsupport.org)

WOMENS AID – offers information and support to women experiencing domestic violence.

24 hour National Domestic Violence Help line: 0808 2000 247

Website: [www.womensaid.org.uk](http://www.womensaid.org.uk)