

# Promoting Mental Health

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## 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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# 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 good quality self-help material is available and can be recommended.
- Self-help interventions are examples of low intensity interventions to be provided in the new Improving Access to Psychological Therapies Services (IAPT).
- There are many self-help books and websites available making it difficult to know what should be recommended for different types of problem. 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, although some local and national organisations/groups have been listed at the end of the directory.
- We recommend this booklet is linked to any other 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.
- Self-help material usually provides one or both of the following:
  - **Information** about mental health problems can help people understand and deal with their difficulties. It can include diagnostic labels, how the problems develop, symptom experience, and how they might be treated.

# What is 'Self-help' (cont.)

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- **Treatment programmes** mainly take a 'cognitive - behavioural' approach, which involves identifying and reflecting on our thought patterns and behaviours, and understanding how they may contribute to our problems. The programmes encourage us to challenge and reframe our thoughts, and alter certain behaviours (e.g. avoidance of anxiety provoking situations), with the hope of challenging and alleviating/ overcoming distress.

'Programmes' are designed to:

- ✓ Help people identify specific problems.
  - ✓ Promote change, and encourage people to set achievable goals.
  - ✓ Encourage people to do something.
  - ✓ Promote self assessment/ reflection.
- 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 programmes, 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 & Lovell, 2007).
- 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 the directory is organised under three main sections : - 'Self-help information', 'Self-help programmes', and 'National and regional support organisations'. These are briefly outlined below.**

- **Self-help Websites (Page 12)** – This section contains references to internet based resources that provide self-help programmes and/or information about a range of mental health problems.
- **Self-help Books (Page 31)** – This section contains references to a number of book-based structured/semi-structured 'programmes' designed to help individuals identify and manage a number of mental health problems.
- **National support organisations (page 72)** – This consists of a list of local and national support agencies for a wide range of problems. These agencies offer telephone support, or run groups.

# References

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<http://www.nice.org.uk/pdf/CG023NICEguideline.pdf>

# Self-help Websites

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Listed in this section are 'self-help' websites that have been recommended by service users and practitioners, or found during a manual web-search. They cover a wide range of mental health problems, with some offering content on specific problems, and some offering an overview of many problems. A number of the websites offer information only, while some detail more structured self-help programmes. They also provide information and guidance relating to the health services and treatment options that may be available for specific problems.

The websites in this section will be ordered alphabetically. Given that the websites detailed here will not be relevant to everyone, a brief overview will give an insight into the kind of content hosted by each website.

# 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

- 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.

# BEAT – beating eating disorders

[www.b-eat.co.uk](http://www.b-eat.co.uk)

Run by – BEAT.

Supported by – BEAT, which is an NHS Direct Online Information Partner.

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## Overview.

- Information on various eating disorders for sufferers, carers and health workers with links to telephone and email support.
- Downloadable/printable information on:
  - ‘changing the way people think about eating disorders’
  - ‘how we can beat eating disorders’
  - ‘eating disorders and your teeth’
  - living without laxatives’
  - ‘eating disorders and men: the facts’
  - ‘eating disorders and osteoporosis’
  - ‘self-harm’
  - understanding polycystic ovary syndrome’
  - ‘eating disorders and private counsellors’
  - ‘information for overeaters’
  - ‘eating disorders...a coach’s guide’
  - and eating disorders...an athletes guide’

# 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

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.

# Clinical Knowledge Summaries

[www.cks.library.nhs.uk](http://www.cks.library.nhs.uk)

Run by – National Library for Health

Supported by – Department of Health.

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## **Overview.**

- An NHS affiliated website providing a comprehensive list of printable leaflets on a large range of common and more severe mental health problems.
- Each online leaflet incorporates a list of links to websites of relevant support organisations where the user can obtain further information.
- Many of the leaflets only contain brief information with no self-help guide/programme.

# Depression in Teenagers.

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

Run by – Young Persons Unit - Edinburgh

Supported by – NHS Lothian

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## Overview

- Set in a virtual park, depression in teenagers is an attractive looking and user friendly site that takes the user through the journey of learning more about depression and what to do about it. The website is split into 5 main sections:
  - **Winding Woods:** Here the user can learn about what depression is and what can cause it.
  - **Tree of Wisdom:** Provides user with advice for what they can do to help themselves or a friend who is experiencing depression.
  - **Park Maze:** An interactive quiz helping the user learn more about depression.
  - **Boating pond:** Here the user can work through two relaxation exercises.
  - **Secret Garden:** The user can read about other people's experiences of living with depression.
  - **Boaters Cafe:** This section details more web-based resources designed to help people learn more about depression and how to deal with it.

# 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.

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## 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.
- This is a detailed programme that requires high levels of motivation and commitment.
- An email address is required for registration.

# Glasgow STEPS

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

Run by – NHS Greater Glasgow

Supported by – South East Glasgow Primary Care Trust.

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## 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.
- Some of the local organizations listed may not be relevant for people living outside the Glasgow area.

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

# 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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## 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.

# 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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## 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).
- Many of the booklets have been translated into a large range of languages.

# 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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## 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.
- 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.

# 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.
- Some of the information is only relevant to the local area around the Forth Valley.

# 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.

## Newcastle, North Tyneside & Northumberland MHT.

<http://www.ntw.nhs.uk/pic/?p=selfhelp>

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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### Overview.

- Self-help leaflets (average 15-20 pages long each) in PDF format, available to read online or print.
- Leaflets are based on CBT principles and 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
  - Childhood physical, emotional, and sexual abuse

# NHS direct.

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

Run by – NHS

Supported by – Department of Health

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## 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.
- There is a specific section on a range mental health problems.
- This offers an introduction, information about symptoms and causes, diagnosis, treatment, and support organisations available.
- Treatment information tends to focus on medication and therapy – with little information about self-help interventions.

# Stress and Anxiety in Teenagers.

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

Run by – Young Persons Unit - Edinburgh

Supported by – NHS Lothian

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## Overview

- Set in a virtual park, stress and anxiety in teenagers is an attractive looking and user friendly site that takes the user through the journey of learning more about stress and anxiety and what to do about it. The website is split into 5 main sections:
  - **Winding Woods:** Here the user can learn about the symptoms of stress and anxiety.
  - **Tree of Wisdom:** Provides the user with a number of ideas about how they can help themselves combat the symptoms of stress and anxiety.
  - **Park Maze:** Here the user can challenge their negative thoughts by answering the questions in the interactive quiz.
  - **Boating pond:** Here the user can work through two relaxation exercises.
  - **Secret Garden:** The user can learn about personal stories of other young people who have had difficulties with stress and anxiety.
  - **Boaters Cafe:** This section details more web-based resources designed to help people learn more about stress and anxiety and how to deal with it.

# 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.

- The website has readable and printable self-help material on:
  - Alcohol
  - Healthy eating
  - Anxiety
  - Stress
  - Depression + low mood and
  - Getting active.
- The material is available in the following languages: Arabic, Chinese, Gujarati, Somali, Bengali, English, Punjabi and Urdu.

## Self-help Books

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The following section comprises a book list detailing a range of self-help books that encompass treatment programmes. The books in this list are currently being used on book prescription schemes run in Plymouth, Cardiff, and Pontefract. 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.

All of the books listed are available from good book stores and online book retailers. Many of the books may also be available to loan free of charge from your local library.

The books in this section are listed in alphabetical order according to the mental health problem that they most appropriately address (please see the contents page on the following page for details).

Details of each book, including a brief summary, are presented. 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.

# Overcoming compulsive gambling

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<b>Book Category:</b>	Addictions
<b>Author:</b>	Alex Blaszczynski
<b>Published by:</b>	Robinson Publishing
<b>ISBN:</b>	1854874845
<b>Price:</b>	£9.99

## Summary

- This book aims to help the reader overcome 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.

# Overcoming problem drinking

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<b>Book Category:</b>	Addictions
<b>Author:</b>	Marcantonio Spada
<b>Published by:</b>	Constable Robinson
<b>ISBN:</b>	1845291123
<b>Price:</b>	£9.99

## Summary.

- The book is written by an experienced therapist and uses a step-by-step approach to help individuals overcome problematic drinking.
- The book is divided into four parts:
  - Part one looks at how problem drinking is defined and how it develops
  - Part two explains how to build the motivation to change
  - Part three presents a step-by-step programme for implementing change and
  - Part four reviews a variety of strategies for maintaining change.
- The book is suitable for anyone who feels they might have a problem and is also useful for those concerned about a friend or family member.

# Overcoming your smoking habit

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<b>Book Category:</b>	Addictions
<b>Author:</b>	David F Marks
<b>Published by:</b>	Constable Robinson
<b>ISBN:</b>	1845290674
<b>Price:</b>	£9.99

## Summary.

- The book is aimed at anyone who has tried and failed to give up smoking.
- The book addresses the addiction using CBT-techniques.
- The book uses a step-by-step, week long programme to help readers to stop smoking for good.
- The book uses cognitive restructuring techniques, exercises and practical strategies to help the reader regain control of smoking.
- The book explores smoking triggers and provides tips on eating, exercise, relaxation and stress reduction. It also provides detail on how to avoid relapses.

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

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<b>Book Category:</b>	Anger
<b>Author:</b>	Lindenfield, Gael
<b>Published by:</b>	Thorsons
<b>ISBN:</b>	0007100345
<b>Price:</b>	£8.99

## Summary.

- The book highlights the idea that anger is a very natural response to frustration, bereavement, loss, hurt or threat.
- The author addresses: the effect of anger on our body and mind, strategies that can be used to prevent the build-up of frustration, how to deal assertively with problems of buried and misdirected anger, and how to keep calm when faced with outbursts.

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

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<b>Book Category:</b>	Anger
<b>Author:</b>	Davies, William
<b>Published by:</b>	Constable Robinson
<b>ISBN:</b>	1854875957
<b>Price:</b>	£9.99

## Summary.

- A self-help manual for those with problematic levels of anger and irritability. The book covers why bouts of anger and irritability occur and details how they can be overcome using cognitive behavioural techniques. It takes a positive approach to change and looks at how to best handle situations that would tax even the most good natured person.
- The manual 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, explore and challenge our beliefs and judgements of certain situations, and learn techniques for controlling our anger.

# Overcoming Anxiety: A five areas approach.

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<b>Book Category:</b>	Anxiety
<b>Author:</b>	Chris Williams
<b>Published by:</b>	Arnold
<b>ISBN:</b>	034081005X
<b>Price:</b>	£19.99

## Summary.

- The book is divided into workbooks designed to help those who may be having problems with worry, generalised anxiety, panic, phobias, obsessive-compulsive symptoms or health anxiety.
- The book is easily accessible with boxes, checklists and bullet points to make the information easier to understand
- The first workbooks aid the reader to identify and assess components of their clinical problem.
- The following workbooks aim to help the reader overcome their problem by focusing on individual components of the problem and teaching the reader specific management techniques such as problem solving, overcoming problematic sleep problems and challenging fearful worries.

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

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<b>Book Category:</b>	Anxiety
<b>Author:</b>	Helen Kennerley
<b>Published by:</b>	Constable Robinson
<b>ISBN:</b>	1854874225
<b>Price:</b>	£9.99

## Summary.

- A book explains how to overcome problematic fears and anxieties of all kinds – from panic attacks and phobias to executive “burn out” – in order to regain confidence and self control.
- 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.’

# The Feeling Good Handbook

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<b>Book Category:</b>	Anxiety
<b>Author:</b>	David Burns
<b>Published by:</b>	Plume Books
<b>ISBN:</b>	0452281326
<b>Price:</b>	12.99

## Summary.

- This book discusses how to overcome fears, phobias, and panic attacks; improve intimate communication, and cope with anxiety disorders.
- The book uses quizzes, charts, self-assessment tests, and mood logs to engage the reader in the self-help process.
- There is also information about commonly prescribed psychiatric drugs.

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

Website:

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

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<b>Book Category:</b>	Anxiety
<b>Developed by:</b>	South West Yorkshire Mental Health Trust (SWYMHT); University of Huddersfield.
<b>Available from:</b>	Fieldhead hospital, Wakefield or at above website.
<b>Price:</b>	Free

## Summary.

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

# Emotional Confidence

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<b>Book Category:</b>	Assertiveness
<b>Author:</b>	Gael Lindenfield
<b>Published by:</b>	Thorsons
<b>ISBN:</b>	0007100361
<b>Price:</b>	£6.99

## Summary.

- The author 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.
- The book details how the reader might deal with guilt, shame, jealousy, anger, envy, and a number of other emotions.

## Living with Loss

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<b>Book Category:</b>	Bereavement
<b>Author:</b>	Liz McNeill Taylor
<b>Published by:</b>	Constable Robinson
<b>ISBN:</b>	1841191051
<b>Price:</b>	£9.99

### 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.

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

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<b>Book Category:</b>	Bipolar/Mood problems
<b>Author:</b>	Jan Scott
<b>Published by:</b>	Constable Robinson
<b>ISBN:</b>	1841190179
<b>Price:</b>	£9.99

## Summary.

- This book is designed as a self-help manual for readers who have experienced mood swings and provides the reader with information on depression and mania.
- The book comprises four main 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.

## Mind over mood

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<b>Book Category:</b>	Depression
<b>Author:</b>	Dennis Greenberger & Christine Padesky
<b>Published by:</b>	Guilford
<b>ISBN:</b>	0898621283
<b>Price:</b>	£16.95

### Summary.

- This book is a practical workbook aimed at individuals experiencing depression, panic, anxiety, eating disorders, substance abuse, and relationship problems.
- Numerous case examples and written exercises help clients to understand and use CBT techniques.
- The book involves working through numerous worksheets
- The book has a strong emphasis on identifying distorted problematic negative thinking patterns and replacing them with more positive or realistic appraisals.

## Overcoming depression: A five areas approach.

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<b>Book Category:</b>	Depression
<b>Author:</b>	Chris Williams
<b>Published by:</b>	Hodder Arnold
<b>ISBN:</b>	0340763833
<b>Price:</b>	£19.99

### Summary

- 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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<b>Book Category:</b>	Depression
<b>Author:</b>	Paul Gilbert
<b>Published by:</b>	Constable Robinson
<b>ISBN:</b>	1841191256
<b>Price:</b>	£9.99

## Summary.

- The book details step-by-step suggestions, case examples and practical ideas for managing depression and low mood.
- The book explains how the mind and body interact and how depression can evolve. The book is split into three main sections:
  - Part 1 – Understanding depression.
  - Part 2 – Learning how to cope.
  - Part 3 – Special problems (e.g. bullying, guilt, shame, anger)

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

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<b>Book Category:</b>	Eating disorders
<b>Author:</b>	Janet Treasure
<b>Published by:</b>	Brunner-Routledge
<b>ISBN:</b>	0863777600
<b>Price:</b>	£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.

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

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<b>Book Category:</b>	Eating disorders
<b>Author:</b>	Peter J Cooper.
<b>Published by:</b>	Constable Robinson
<b>ISBN:</b>	1854871714
<b>Price:</b>	£9.99

### Summary.

- This book includes an account of bulimia and binge eating, 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 readers who want to tackle their difficulties on their own, offering a step-by-step programme to recovery.

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

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<b>Book Category:</b>	Eating disorders
<b>Author:</b>	Ulrike Schmidt
<b>Published by:</b>	Brunner-Routledge
<b>ISBN:</b>	0863773222
<b>Price:</b>	£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 individuals experiencing bulimia.
- 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.

# Overcoming Binge Eating.

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<b>Book Category:</b>	Eating disorders
<b>Author:</b>	Christopher Fairburn
<b>Published by:</b>	Guilford
<b>ISBN:</b>	0898621798
<b>Price:</b>	£13.50

## Summary.

- The book is divided into two main parts:
  - **Part One** provides a comprehensive 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** is a self-help programme. 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.

## Head injury: a practical guide

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<b>Book category:</b>	Head injury
<b>Author:</b>	Trevor Powell
<b>Published by:</b>	Speechmark
<b>ISBN:</b>	0863884512
<b>Price:</b>	£19.99

### Summary.

- This is an easy to understand book that addresses the medical problems, rehabilitation and adjustment of individuals and families to life after a head injury.
- The book contains personal experiences, factual information and research, and specific guidance and practical advice on ways of dealing with difficulties related to head injury.

# Stop worrying about your health

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<b>Book category:</b>	Health anxiety
<b>Author:</b>	George Zgourides
<b>Published by:</b>	New Harbinger
<b>ISBN:</b>	157224285X
<b>Price:</b>	£11.99

## Summary.

- This book aims to describe what health anxiety is and give insight into why people suffer from this problem.
- The book describes ways the reader can overcome health anxiety.
- The book also incorporates real life stories from people describing their health anxiety.

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

---

<b>Book category:</b>	Obsessions and compulsions
<b>Author:</b>	Frank Tallis
<b>Published by:</b>	Sheldon
<b>ISBN:</b>	0859696529
<b>Price:</b>	£7.99

## Summary.

- The book covers compulsive checking, washing, hoarding, obsessional thoughts and worry, obsessional personality and depression in the following sections:
  - Obsessions
  - Anxiety problems: how they start and how they can be overcome
  - The development of obsessions and compulsions
  - 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.

## Coping successfully with pain

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<b>Book category:</b>	Pain
<b>Author:</b>	Neville Shone
<b>Published by:</b>	Sheldon Press
<b>ISBN:</b>	0859698505
<b>Price:</b>	£7.99

### Summary.

- This book acknowledges that many of the conditions that cause chronic pain are difficult to treat.
- The book does not attempt to focus on the cure for the issue causing the pain – it aims to help the reader manage the pain it causes.
- The book aims to help the reader become more active and to improve their quality of life.

# Overcoming Chronic Pain

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<b>Book category:</b>	Pain
<b>Author:</b>	Frances Cole, Helen Macdonald, Catherine Carus, Hazel Howden-Leach.
<b>Published by:</b>	Constable Robinson
<b>ISBN:</b>	1841199072
<b>Price:</b>	£9.99

## Summary.

- This book draws from a range of disciplines and aims to present the best information and practice currently available to understand and manage chronic pain.
- The book teaches the reader to manage their pain by helping them to understand their own personal pain patterns and learn skills to manage pain.
- The skills are taught in simple straightforward steps.
- Additional chapters teach readers how to reduce depression, anxiety, anger and sleep difficulties using CBT techniques.

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

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<b>Book category:</b>	Panic
<b>Author:</b>	Derrick Silove
<b>Published by:</b>	Constable Robinson
<b>ISBN:</b>	1854877011
<b>Price:</b>	£9.99

## Summary.

- This book offers a complete course to help the reader beat panic attacks and the stresses they cause.
- The book 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.
- The book also incorporates information on preventing setbacks.

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

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<b>Book category:</b>	Post-traumatic stress
<b>Authors:</b>	Claudia Herbert and Ann Wetmore
<b>Published by:</b>	Constable Robinson
<b>ISBN:</b>	1841190160
<b>Price:</b>	£9.99

## Summary.

- 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.
- The book works through accepting and managing those reactions, learning to accept the trauma itself and then letting go and moving on.

# 10 days to great self esteem.

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<b>Book category:</b>	Self-esteem
<b>Author:</b>	David Burns
<b>Published by:</b>	Vermillion
<b>ISBN:</b>	009187632X
<b>Price:</b>	£9.99

## Summary

- The book is designed to help the reader learn specific techniques to enhance self-esteem, productivity and happiness.
- The book is based around a 10 step programme:
  - 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 low self esteem: A self-help guide using cognitive behavioral techniques.

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<b>Book category:</b>	Self-esteem
<b>Author:</b>	Melanie Fennell
<b>Published by:</b>	Constable Robinson
<b>ISBN:</b>	1854877259
<b>Price:</b>	£9.99

## Summary.

- The book, which includes many real-life examples, is intended for people who suffer from low self-esteem and for those who help them.
- It aims to help the reader come to a better understanding about how they may have come to think badly of themselves, and guides them through a process of coming to change this view into one that is more positive and self-accepting.
- The book gives an introduction to cognitive behaviour therapy, includes a self-assessment exercise aiming to examine the impact of the individual's self-esteem, before explaining the importance and means to identifying triggers to bouts of low self-esteem.
- The book also incorporates Action Diaries to encourage activity and achievable challenges, and helps the reader identify and challenge self-critical thoughts.

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

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<b>Book category:</b>	Social anxiety
<b>Author:</b>	Gillian Butler
<b>Published by:</b>	Constable Robinson
<b>ISBN:</b>	0854877038
<b>Price:</b>	£9.99

## Summary.

- This book aims to help the reader manage anxiety associated with social situations and overcome shyness.
- The book is divided into three sections: Part One explains social anxiety, the role of fear, what may cause social anxiety its origins and what happens when someone becomes social anxious in a situation.
- Part Two gives a 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 how the reader can learn to relax.

# How to stop worrying

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<b>Book category:</b>	Stress and worry
<b>Author:</b>	Frank Tallis
<b>Published by:</b>	Sheldon Press
<b>ISBN:</b>	0859696103
<b>Price:</b>	£7.99

## Summary.

- The book aims to help the reader to identify the cause of their worries.
- It offers the reader help in finding the route of their problem worries.
- It also offers techniques in problem solving and strategies for managing worries.

## Managing Stress

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<b>Book category:</b>	Stress and worry
<b>Author:</b>	Terry Looker & Olga Gregson
<b>Published by:</b>	Teach Yourself
<b>ISBN:</b>	0340860073
<b>Price:</b>	£9.99

### Summary.

- This book acknowledges that some levels of stress can be helpful, but that too much can be problematic.
- The book is designed to help the reader differentiate between helpful and problematic stress and plan strategies to deal with more harmful levels of stress.

# The relaxation and stress reduction workbook.

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<b>Book category:</b>	Stress and worry
<b>Author:</b>	Martha Davis
<b>Published by:</b>	New Harbinger
<b>ISBN:</b>	1572242140
<b>Price:</b>	£16.99

## Summary.

- This book aims to provide the reader with methods for coping with stress.
- It provides 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'

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

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<b>Book category:</b>	Survival of abuse
<b>Author:</b>	Carolyn Ainscough & Kay Toon
<b>Published by:</b>	Sheldon Press
<b>ISBN:</b>	0859698106
<b>Price:</b>	£12.99

### Summary.

- This book is designed to help survivors of child sexual abuse. It investigates the effects of child sexual abuse: guilt and shame, depression and anxiety, eating disorders, fear of relationships and sexual problems.
- The book 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.

# The courage to heal

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<b>Book category:</b>	Survival of abuse
<b>Author:</b>	Ellen Bass
<b>Published by:</b>	Vermillion
<b>ISBN:</b>	0091884209
<b>Price:</b>	£12.99

## Summary:

- This book incorporates the experiences of hundreds of survivors, and profiles victims who share the challenges and triumphs of their personal healing processes.
- The book offers mental, emotional and physical support to people overcoming the trauma of abuse.
- The book aims to offer hope, encouragement and practical advice for those who were sexually abused as a child. It also aims to answer questions regarding how survivors can speak out, and the therapy, support groups and organizations that are available.

## National Support Organisations

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The following section lists a range of national support organisations that are available to offer help with a range of mental health problems. Help comes in the form of telephone support and in some cases regional group meetings.

It is the case that many local and regional self-help groups exist that are not part of the organisations listed here. These are not included in this resource however as support groups local to the present authors would not be relevant to all reading this directory.

The following section gives the name, relevant phone, email, and internet contact details/information, and a brief description of the service each organisation offers. The organisations are listed alphabetically.

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

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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)

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)

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)

# National and regional support organisations

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Help line 08451 232304 open 10am – 4pm and 6.30pm - 10.30pm 7 days a week.

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National Help line 0870 167 1677

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

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)

LIVING LIFE TO THE FULL – The Living Life to The Full modules have been devised to help people develop key life skills to help them tackle common problems we all face from time to time in life. They are supported by a range of structured and clearly written self-help materials.

Go to [www.livinglifetothefull.co.uk](http://www.livinglifetothefull.co.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 and regional support organisations

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LIVING LIFE TO THE FULL – The Living Life to The Full modules have been devised to help people develop key life skills to help them tackle common problems we all face from time to time in life. They are supported by a range of structured and clearly written self-help materials. Go to [www.livinglifetothefull.co.uk](http://www.livinglifetothefull.co.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)

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. Tel.no. 0113 245 2595 .  
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 their nearest service.  
Website: [www.samaritans.org.uk](http://www.samaritans.org.uk)

# National and regional support organisations

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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: 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)

STAR (SURVIVING TRAUMA AFTER RAPE) - offers free counselling, emotional and practical support to females and males aged 14 and over.  
Tel.no. 01924 298954

Website: [www.starproject.co.uk](http://www.starproject.co.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)

STOP (Start Treating Others Positively) - offers a group work approach to help individuals who are abusive or violent towards their partners. Tel. No. 0113 2446007

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

SURE START - offers a variety of services to families with children between 0 and 14 years old. Public enquiry number. 0870 0002288.

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

TURNING POINT - support, counselling information and advice for drug users seeking help. National number. 020 7481 7600

Website: [www.turning-point.co.uk](http://www.turning-point.co.uk)

# National and regional support organisations

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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)

WEST YORKSHIRE FAMILY MEDIATION SERVICE - can provide help with sorting out issues affecting children, finances, property etc. in broken relationships

Tel.no. 01274 732768 (24 hour ansafone service if unmanned)

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)