

books on prescription



public libraries working with health professionals

Guide for Health Professionals



booksonprescription.com.au

What is Books on Prescription?

There is strong evidence that self-help reading can assist people with common mental health conditions, sometimes on its own or with other forms of treatment.

Books on Prescription provides book-based support for adults experiencing a variety of conditions. The core list provides evidence-based self-help in the following areas:

- Anxiety
- Depression
- Eating disorders
- Panic disorder
- Agoraphobia
- Obsessive compulsive disorder
- Sleeping problems
- Stress

Self-help books work most effectively for conditions which are receptive to book-based cognitive behavioural therapy (CBT).

GPs and mental health professionals can recommend expert-endorsed self-help books. People can take recommendations to their local

library where the books can be borrowed for free. The *Books on Prescription* collection is supported by a website (booksonprescription.com.au) which includes links to online resources and other agencies.

Who is it for?

Books on Prescription is aimed at adults experiencing common conditions including depression and anxiety. The scheme is primarily suitable for competent adult readers who can read the materials and follow the suggested activities.

For people with more severe mental health conditions, referral to psychological and other specialist services will be more appropriate than using self-help materials without guidance.

Some people may use library book collections independently as a first step in seeking help.

The *Books on Prescription* user guide includes appropriate referral advice for people not currently receiving support.

An Australian Pilot

Books on Prescription was first developed in Cardiff, Wales by Professor Neil Frude, a Clinical Psychologist. A national scheme, *Reading Well Books on Prescription*, was launched in England in 2013 and is delivered by the Reading Agency. Our model is significantly based on the research and experience of this initiative modified for the Australian environment.

The NSW *Books on Prescription* project has been developed by NSW Public Libraries Association, Central West Zone in partnership with the University of Newcastle – Centre for Rural and Remote Mental Health.

The initiative has been funded by a grant from the Library Council of New South Wales. It is an Australian pilot.



Centre for
Rural & Remote
Mental Health



How were the books selected?

In order to identify the best books to include in the collections we first contacted the major organisations and agencies working in mental health and asked them for their recommendations. We received in excess of 250 suggestions. We obtained copies of all of these titles and each book was reviewed by a CBT clinician to assess its suitability for inclusion in our core collection.

Who can recommend books?

GPs may recommend self-help reading to people they might yet refer to psychological services or for them to use while waiting for treatment.

Other mental health professionals such as psychologists or counsellors may also recommend books.

How does it work?

Books can be recommended from the user guide. This can also be downloaded from **booksonprescription.com.au**.

Individuals then take their book recommendation to the library, where the book can be borrowed for free. If the book is not available it can be reserved.

Books can also be borrowed without a referral.

The user guide advises that individuals contact their GP or another health professional immediately if the book doesn't seem to be helping. Practitioners are encouraged to reinforce this as part of the consultation process.

Additional information about the program is available on the website: **booksonprescription.com.au**.

Why use Books on Prescription?

The UK National Institute for Health and Clinical Excellence (NICE) guidelines recommend CBT-based self-help books as a first step in the treatment of a variety of conditions, including depression, anxiety, phobias and some eating disorders.

Books on Prescription is an early intervention treatment. It can be used as a stand alone treatment, as complementary to a pharmacological and/or a psychological approach and as a key element in a supported program.

Books on Prescription increases the range of treatment options available and for many patients may be preferable to medication.

Books on Prescription provides:

- A consistent approach delivered through all public libraries in Central and Far Western NSW
- Quality assured resources including an expert-endorsed self-help booklist

Evaluation

If you have used any of the resources in the *Books on Prescription* scheme or have any views on it we would like to get your feedback. You can do this by completing a short anonymous survey. For more information and to access the survey please go to surveymonkey.com/r/LJHDNW6

To request a paper copy of the survey please contact the Centre for Rural and Remote Mental Health on (02) 6363 8444.

Why libraries?

Books on Prescription will be delivered to the community through the 14 public library services across Central and Far Western NSW which encompasses 41 service points across an area of 335,435 square kilometres.

Research has shown that public libraries are safe, non-judgemental environments for sourcing information and support. They also offer many opportunities for community interaction including book discussion groups, local and family history initiatives, technology classes and volunteering.

Joining the library

It is easy for people to join their local public library. All that's needed is some form of identification verifying a residential address. Library membership is FREE and all loans and borrower details are treated as strictly confidential.

Available resources

There is a range of downloadable resources available online (booksonprescription.com.au) to support the Books on Prescription Scheme. If you require additional materials contact your local public library.

Recommended Reading

Title	Author	Publisher
Anxiety		
<i>Compassionate-Mind Guide to Building Social Confidence</i>	Lynne Henderson	New Harbinger
<i>The 10 Best Ever Anxiety Management Techniques</i>	Margaret Wehrenberg	WW Norton
<i>When Perfect Isn't Good Enough: Strategies for Coping with Perfectionism</i>	Martin Antony and Richard Swinson	New Harbinger
Depression		
<i>Overcoming Depression: A Self-Help Guide to Using Cognitive Behavioural Techniques</i>	Paul Gilbert	Constable and Robinson
<i>Overcoming Depression and Low Mood: A Five Areas Approach</i>	Chris Williams	CRC Press
<i>Ending the Depression Cycle: A Step-by-Step Guide for Preventing Relapse</i>	Peter Bieling, and Martin Anthony	New Harbinger
<i>Mind Over Mood: Change How You Feel by Changing the Way You Think</i>	Dennis Greenberger, and Christine Padesky	Guildford Press
<i>Control Your Depression</i>	Peter Lewinsohn	Simon & Schuster
Eating Disorders		
<i>The Appetite Awareness Workbook</i>	Linda Craighead	New Harbinger
<i>Skills-based Learning for Caring for a Loved One with an Eating Disorder</i>	Janet Treasure, Grainne Smith, and Anna Crane	Routledge
<i>The Invisible Man: A Self-Help Guide for Men with Eating Disorders, Compulsive Exercise and Bigorexia</i>	John Morgan	Routledge
Generalised panic disorder and agoraphobia		
<i>Overcoming Panic and Agoraphobia</i>	Derrick Silove, and Vijaya Manicavasagar	Constable and Robinson
<i>The Panic Book</i>	Neil Phillips	Shrink Rap Press
<i>Don't Panic</i>	Reid Wilson	Harper Perennial
Obsessive Compulsive Disorder		
<i>Digging Out: Helping Your Loved One Manage Clutter, Hoarding and Compulsive Acquiring</i>	Michael Tomkins and Tamara Hartl	New Harbinger
Sleeping Problems		
<i>Quiet Your Mind and Get to Sleep: Solutions to Insomnia for Those with Depression, Anxiety or Chronic Pain</i>	Colleen Carney and Rachel Manber	New Harbinger
Stress		
<i>The Relaxation and Stress Reduction Workbook</i>	Martha Davis, Elizabeth Eshelman and Matthew McKay	New Harbinger
<i>Change Your Thinking</i>	Sarah Edelman	Harper Collins