

books on prescription



public libraries working with health professionals

User Guide



booksonprescription.com.au

What is Books on Prescription?

Books on Prescription is a program that helps you manage your wellbeing using self-help reading. The scheme is endorsed by health professionals and available through your local public library.

The books provide helpful information and step-by-step self-help techniques for managing common conditions including depression, anxiety, stress and eating disorders.

How does it work?

As part of your treatment your GP, psychologist or another health professional may recommend a self-help book from the *Books on Prescription* collection.

These books are also available for anyone to borrow from their local public library.

Joining the Library

It is easy to join your local public library. All you need is some form of identification that shows your residential address. Library membership is FREE and all loans and borrower details are treated as strictly confidential.

There are 14 public library services with 41 service points across Central and Far Western NSW. If you're unsure of the location of your nearest library check our web site:

booksonprescription.com.au

What do I do now?

- Go to your local library where you can borrow the book for free.
- If the book is not available you can reserve it.
- Read the book carefully and follow the practical exercises and activities suggested.
- Some books are available in different formats. Visit the website or ask at your local library for more information.

Can books really help?

There is good evidence from the UK National Institute for Health and Clinical Evidence (NICE) that self-help books can help people understand and manage common conditions including depression and anxiety.

Although books can sometimes work on their own, research has shown

that self-help approaches work best when there is support from a health professional. If you have been recommended a self-help book by your GP, psychologist or another health professional, please ask them for help and guidance along the way.

All of the books in the program have been recommended by experts. They have been tried and tested and found to be useful.

What if the book doesn't help?

If you find that the book you're reading is not helping you should contact your GP or another health professional.

Use the WayAhead Directory at:
wayahead.org.au

The following organisations also offer help and/or information:

Mental Health Line

Call **1800 011 511**
24 hours, 7 days

Lifeline

lifeline.org.au
Call **13 11 14**
24 hours, 7 days

Beyond Blue

beyondblue.org.au
Call **1300 22 4636**
24 hours, 7 days

Centre for Rural and Remote Mental Health

crrmh.com.au
Follow the links in the “Do you need help?” panel to get further information, links to mental health services and to self-help including online tools and apps.

Project Partners

Books on Prescription 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.

It is based on a national scheme originating in the United Kingdom delivered by the Reading Agency.

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



Tell us what you think

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 and/or participating in an interview. For more information and to access the survey please go to surveymonkey.com/r/TSNCZPB

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. Between us we have 41 service points and cover an area of 335,435 square kilometres. We're almost everywhere!

Public libraries are safe, non-judgemental environments for sourcing information and support. We also offer many opportunities for you to meet with other members of the community — join a book discussion group, bring your child to storytime, participate in discussions about local and family history, learn about technology — ask at your local public library for more ideas and further details.

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 Manicasvagar | 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 |