

MEDIA RELEASE



From: Central West Libraries

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FIRST TIME IN AUSTRALIA: BOOKS ON PRESCRIPTION

People will have more options to manage their own mental health and wellbeing after Central West Libraries in partnership with the University of Newcastle's Centre for Remote and Rural Mental Health launch a new scheme on **Friday, 27th May at 10.30am**.

Special guest will be volunteer speaker for *beyondblue* Hayley Nicholls. *Beyondblue* is a national organisation that works to raise awareness about anxiety and depression, reduce the associated stigma and encourage people to get help.

Books on Prescription, an Australian first, helps people to understand and manage common mental health conditions using self-help reading. The scheme is endorsed by health professionals and supported by libraries across Central and Far Western NSW and a grant from the Library Council of New South Wales.

Books on Prescription is designed to help people manage their mental wellbeing using cognitive behavioural therapy-based self-help books, all written by experts.

Central West Libraries Manager Jan Richards said there is growing evidence showing that self-help reading can help people with certain mental health conditions get better.

"The books recommended on the scheme provide helpful information on mental health problems ranging from depression and low mood, to anxiety and sleep problems."

"As well as providing valuable information, the books are practical and offer step-by-step techniques and strategies for successfully managing and overcoming mental health problems," she said.

HOW IT WORKS

You can borrow any of the recommended books in the Books on Prescription scheme from your local participating library. Each book has been selected by a panel of experts and has been tried and tested and found to be useful. Books can be borrowed without a referral, however research has shown that self-help approaches work best when there is support from a health professional.

A GP, psychologist or other health professional may recommend a self-help book as part of a treatment plan and provide guidance and help along the way.

Conditions covered by the scheme include: Anxiety, Binge-Eating, Depression, Obsessions and Compulsions, Panic, Phobias, Relationship Problems, Self-Esteem, Sleep Problems, Social Phobia, Stress and Worry.

You will need to be a library member to borrow books. If you are not a member you can join for free.

For more information about the Scheme and participating libraries visit www.booksonprescription.com.au

For more information contact: **Central West Libraries Manager Jan Richards on 6393 8126** or **CRRMH Communications Coordinator, Jocie Johnston on 0410549325**.

Or go to the website: www.booksonprescription.com.au