

How to Use Self-Help Leaflets

Mental health problems affect different people in different ways. These leaflets are intended to help you find out as much as possible about your own problems and how you can help yourself using your own strengths and skills, supported by your guide.

Helpful hints:

- Go through each leaflet several times with your guide to make sure you understand it.
- Make time to read the leaflets. Don't feel guilty about this – you owe it to yourself to look after your own needs.
- Try to do any exercises in the leaflets. Don't worry about doing them 'wrong' – the important thing is to do them as best you can and to talk to your guide about any problems.
- Keep a diary to remind you what you have achieved, what went well and any problems you came across.
- Don't try to make big changes all at once. Take small steps and each one will help you feel more confident.
- Praise yourself whenever you achieve something, however small. Try not to be downhearted or hard on yourself when things don't go as well as you'd like.
- Don't give up! You may be trying to tackle thoughts and behaviours which have been part of your life for years. This takes time and only you can do it. Just keep trying and accept help and support from your guide, your friends and family.

FOR MORE LEAFLETS IN THIS SERIES GO TO www.primarycare-selfhelp.co.uk