

Further Self-Help Resources

If you have found these self-help leaflets interesting and useful there are other resources that are available at your local library, on the Internet or from a self help or support group.

There are a whole series of paperbacks, the 'Overcoming' series, published by Robinson that are available from book shops at about £7 each. Many of this series of books are available in local libraries, and there is currently a pilot Book Prescription Scheme that means your GP can write you a prescription for any of these books that you then take to your local library – ask your GP if they know about this scheme.

There are currently 22 books in the series, all written by experienced therapist and based on *Cognitive Behavioural Therapy*, just as these self help leaflets are. The current titles are:

- > *Overcoming Anger & Irritability*
- > *Overcoming Anorexia Nervosa*
- > *Overcoming Anxiety*
- > *Overcoming Bulimia Nervosa & Binge Eating*
- > *Overcoming Childhood Trauma*
- > *Overcoming Chronic Fatigue*
- > *Overcoming Chronic Pain*
- > *Overcoming Compulsive Gambling*
- > *Overcoming Depression*
- > *Overcoming Insomnia & Sleep Problems*
- > *Overcoming Low Self Esteem*
- > *Overcoming Mood Swings*
- > *Overcoming Obsessive Compulsive Disorder*
- > *Overcoming Panic*
- > *Overcoming Paranoid & Suspicious Thoughts*
- > *Overcoming Problem Drinking*
- > *Overcoming Relationship Problems*
- > *Overcoming Sexual Problems*
- > *Overcoming Social Anxiety & Shyness*
- > *Overcoming Traumatic Stress*
- > *Overcoming Weight Problems*
- > *Overcoming Your Smoking Habit*

More titles will be added to this list as they become available.

There are also 3 self-help therapy manuals that might help you that are also all available in local libraries. They are:

- > *'Mind Over Mood – Change How You Feel by Changing the Way You Think'*, written by Christine Padesky and Dennis Greenberger. This manual concentrates on identifying and changing unhelpful patterns of thinking, including so-called Core Beliefs that often go right back to childhood.
- > *'Overcoming Anxiety – A Five Areas Approach'* by Dr. Chris Williams, and...
- > *'Overcoming Depression & Low Mood – A Five Areas Approach'* also written by Dr. Chris Williams. Both are self help manuals that use the 'Five Areas approach that appears in many of these leaflets. Both manuals are broken up into workbooks so that you only have to read and work through the workbooks that apply to you. There is also a website www.livinglifetothefull.com that offers support to people using either of these books, including extra handouts and resources, online support and a chat forum.

Computerised Cognitive Behaviour Therapy (CCBT) has also been approved for use by the NHS and will soon be available in some GP surgeries and in other NHS services such as the PLATT team, to which you can be referred by your GP. This is a computerised self-help approach that some people find suitable for their individual needs and learning style.

Local self help and support groups exist for a wide range of needs and *your guide can give you an updated list of these* if you haven't already got one.

