

# More Self-Help Resources

## Where to look for further help...

Did you find the self-help leaflets interesting and useful? If so, you can find other books and resources in your local library, on the internet, or from a local support group.

The 'Overcoming' series...

These are paperbacks, published by Robinson. They cost under £10 [in 2009] in bookshops. You could also borrow them free from your local library.

There are also several 'Book Prescription' schemes, where your doctor can suggest that you borrow books from your local library which might help you.

Current titles in the series are\*:

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

\* More titles are being added

There are also self-help therapy manuals available in local libraries, such as:

- *Mind over Mood: change how you feel by changing the way you think* by Christine Padesky and Dennis Greenberger. The focus of this book is on changing unhelpful patterns of thinking, including those which go back to childhood.
- *'Overcoming Anxiety' and 'Overcoming Depression and Low Mood'* by Dr Chris Williams. Both these are self-help manuals which use the 'Five Areas' approach. They are in the form of workbooks, so you only have to read and work through the parts which apply to you.

There is also a website – [www.livinglifetothefull.com](http://www.livinglifetothefull.com) – which offers support to people using the Chris Williams books that offers extra handouts and a chat forum.

Computerised Cognitive Behaviour Therapy (CCBT) has been approved for use by the NHS and is available in some doctors' surgeries. Your guide can help you find out what self-help and support is available in your area

FOR MORE LEAFLETS IN THIS SERIES GO TO [www.primarycare-selfhelp.co.uk](http://www.primarycare-selfhelp.co.uk)