



Reading Well for mental health

**Find helpful books
at your local library**



Recommended by health professionals
and people with mental health needs



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Reading Well for mental health

Reading Well helps you to understand and manage your health and wellbeing using helpful reading available from public libraries. The scheme is endorsed by health professionals and people with mental health needs.

The books provide helpful information and support for managing common mental health conditions, or dealing with difficult feelings and experiences. Some books also include personal stories from people who are living with or caring for someone with mental health needs.

The books have been recommended by mental health professionals and people with experience of the conditions covered. They have been tried and tested and found helpful.

To find out more go to reading-well.org.uk

How does it work?

As part of your treatment, you may have been recommended a book by a health professional. The books are also available for anyone to borrow from the local library.

Where do I find the books?

- Go to your local library where you can borrow the book for free
- If the book is not available, you can reserve it

Joining the library

It is easy and free to join your local library. Library book loans and borrower details are treated as confidential. Some libraries may ask for proof of your name and address.

How can books help?

There is evidence from the National Institute for Health and Care Excellence (NICE) that self-help books can help people to understand and manage common mental health conditions, including depression and anxiety.

Although books can sometimes work on their own, research has shown that self-help approaches often work best alongside support from a health professional. Some of the books have been recommended by health professionals for use as part of treatment. These can be found in the [Self-help books to support mental health](#) section of the booklist.

About the scheme

Reading Well has been developed by The Reading Agency in partnership with the Society of Chief Librarians. The programme is funded by Arts Council England, Wellcome and the Welsh Government.

What if the book doesn't help?

If you find the book you are reading is not helping, you should contact your GP or a health professional. You can also visit:

NHS Choices

-  [nhs.uk](https://www.nhs.uk)
-  Helpline: 111

England Improving Access to Psychological Therapies (IAPT)

-  england.nhs.uk/mental-health/adults/iapt

Wales

-  nhsdirect.wales.nhs.uk

Community Advice & Listening Line (CALL)

-  callhelpline.org.uk
-  Helpline: 0800 132 737
-  Text 'help' to 81066

Other Reading Well lists

You can find other Reading Well lists to support people with dementia and their carers, young people's mental health and people living with long term conditions at your local library.

Recommended reading

For an overview of all the books go to:
reading-well.org.uk/mentalhealth

Therapies and approaches	
Cognitive Behavioural Therapy (CBT)	Mindfulness
Introducing Cognitive Behavioural Therapy (CBT): A Practical Guide Elaine Iljon Foreman and Clair Pollard <i>Icon Books</i>	Mindfulness: A Practical Guide to Finding Peace in a Frantic World Mark Williams and Danny Penman <i>Piatkus</i>
Common feelings and experiences	
Anger	Low self-esteem
Overcoming Anger and Irritability, 2nd edition William Davies <i>Robinson</i>	Overcoming Low Self-Esteem, 2nd edition Melanie Fennell <i>Robinson</i>
Bereavement and loss	Social anxiety and shyness
An Introduction to Coping with Grief, 2nd edition Sue Morris <i>Robinson</i>	Overcoming Social Anxiety and Shyness, 2nd edition Gillian Butler <i>Robinson</i>
Grief Works: Stories of Life, Death and Surviving Julia Samuel <i>Penguin Life</i>	Sleep problems The Sleep Book: How to Sleep Well Every Night Guy Meadows <i>Orion</i>
The Essential Guide to Life After Bereavement Judy Carole Kauffmann and Mary Jordan <i>Jessica Kingsley Publishers</i>	Stress Stress Control: A Mind, Body, Life Approach to Boosting Your Well-Being Jim White <i>Robinson</i>

Personal stories
Wellbeing
A Mindfulness Guide for the Frazzled Ruby Wax <i>Penguin Life</i>
Reasons to Stay Alive Matt Haig <i>Canongate</i>
Bereavement and loss
A Manual for Heartache Cathy Rentzenbrink <i>Picador</i>
Depression
I Had a Black Dog Matthew Johnstone <i>Robinson</i>
The Recovery Letters James Withey and Olivia Sagan (eds.) <i>Jessica Kingsley Publishers</i>
Social anxiety
We're All Mad Here: The No-Nonsense Guide to Living with Social Anxiety Claire Eastham <i>Jessica Kingsley Publishers</i>
Support for carers
Living with a Black Dog Matthew Johnstone, Ainsley Johnstone <i>Robinson</i>
The Boy with the Topknot: A Memoir of Love, Secrets and Lies in Wolverhampton Sathnam Sanghera <i>Penguin</i>

Self-help books to support mental health		
These books have been recommended to support psychological therapy		
Wellbeing	Depression	Overcoming Anxiety, 2nd edition
Living Life to the Full Chris Williams <i>Five Areas Limited</i>	An Introduction to Coping with Depression, 2nd edition Lee Brosan and Brenda Hogan <i>Robinson</i>	Helen Kennerley <i>Robinson</i>
The CBT Handbook Pamela Myles and Roz Shafran <i>Robinson</i>	Manage Your Mood David Veale and Rob Willson <i>Robinson</i>	Overcoming Health Anxiety Rob Willson and David Veale <i>Robinson</i>
Mind Over Mood, 2nd edition Dennis Greenberger and Christine A. Padesky <i>Guilford Press</i>	Overcoming Depression, 3rd edition Paul Gilbert <i>Robinson</i>	Overcoming Worry and Generalised Anxiety Disorder, 2nd edition Kevin Meares and Mark Freeston <i>Robinson</i>
Obsessions and compulsions	Anxiety and panic	Overcoming Panic, 2nd edition Vijaya Manicavasagar and Derrick Silove <i>Robinson</i>
Break Free from OCD: Overcoming Obsessive Compulsive Disorder with CBT Fiona Challacombe, Victoria Bream Oldfield and Paul M Salkovskis <i>Vermilion</i>	An Introduction to Coping with Anxiety, 2nd edition Brenda Hogan and Lee Brosan <i>Robinson</i>	The Sheldon Short Guide to Phobias and Panic Kevin Gournay <i>Sheldon Press</i>
Other common conditions		Depression and relationships
Binge eating and bulimia nervosa	Body image and body dysmorphic disorder	Defeating Depression: How to Use the People in Your Life to Open the Door to Recovery Roslyn Law <i>Robinson</i>
Getting Better Bite by Bite: A Survival Kit for Sufferers of Bulimia Nervosa and Binge Eating Disorders Ulrike Schmidt, Janet Treasure and June Alexander <i>Routledge</i>	Body Image Problems & Body Dysmorphic Disorder: The Definitive Treatment and Recovery Approach Chloe Catchpole, Lauren Callaghan and Annemarie O'Connor <i>Trigger Press</i>	Postnatal depression The Compassionate Mind Approach to Postnatal Depression: Using Compassion Focused Therapy to Enhance Mood, Confidence and Bonding Michelle Cree <i>Robinson</i>
Overcoming Binge Eating, 2nd edition Christopher G. Fairburn <i>Guilford Press</i>	Mood swings Overcoming Mood Swings Jan Scott <i>Robinson</i>	

Where to get help

The Samaritans

 [samaritans.org](https://www.samaritans.org)
 Helpline 116 123
24 hours a day, 7 days a week

Mind

 [mind.org.uk](https://www.mind.org.uk)
 Helpline: 0300 123 3393
 Text 86463

Mental Health Foundation

 [mentalhealth.org.uk](https://www.mentalhealth.org.uk)

The Royal College of Psychiatrists

 [rcpsych.ac.uk](https://www.rcpsych.ac.uk)

Self Management UK

 [selfmanagementuk.org](https://www.selfmanagementuk.org)

Being a carer

Carers Trust:

 [carers.org](https://www.carers.org)

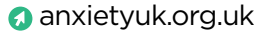
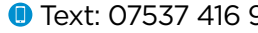
Carers UK:

 [carersuk.org](https://www.carersuk.org)
 Helpline: 0808 808 7777

Support for selected conditions and experiences

Anxiety UK

Supporting people affected by anxiety

 [anxietyuk.org.uk](https://www.anxietyuk.org.uk)
 Helpline: 08444 775 774
 Text: 07537 416 905

Beat

Supporting people affected by eating disorders

 [beateatingdisorders.org.uk](https://www.beateatingdisorders.org.uk)
 Helpline: 0808 801 0677

Cruse Bereavement Care

Supporting bereaved people

 [cruse.org.uk](https://www.cruse.org.uk)
 Helpline: 0808 808 1677

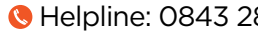
OCD Action

Supporting people living with Obsessive Compulsive Disorder

 [ocdaction.org.uk](https://www.ocdaction.org.uk)
 Helpline: 0845 390 6232

PANDAS Foundation

Supporting people affected by pre and postnatal depression

 [pandasfoundation.org.uk](https://www.pandasfoundation.org.uk)
 Helpline: 0843 28 98 401

Reading Well for mental health is supported by

Anxiety UK, British Association for Behavioural and Cognitive Psychotherapies, British Psychological Society, Carers UK, Health Education England, Mental Health First Aid England, Mental Health Foundation, Mind, National Association of Primary Care, NHS England (IAPT), OCD Action, Public Health England, Royal College of General Practitioners, Royal College of Nurses, Royal College of Psychiatrists, Royal Society of Public Health, Self Management UK.

Find out more about individual books or tell us what you think about the book you have read at [reading-well.org.uk](https://www.reading-well.org.uk)