

### ■ Is the scheme confidential?

Yes. Library staff will provide your book in confidence.

### ■ What if the book doesn't help?

The books on the list are often helpful, but they may not suit everyone. If you still have difficulties or distress you should return to your GP/health professional. They will give you more help.

To get this leaflet in translation, in large print or on audio, or to find the address of your nearest library please phone: 01438 737333 / 01923 471333

The scheme is a partnership project between Hertfordshire Libraries and Hertfordshire Partnership NHS Trust



## Health resources available through your library

### Books and information

- on a wide range of illnesses & conditions
- guides to medicines and drugs
- traditional and alternative therapies
- dieting and nutrition
- sport and fitness
- magazines e.g. 'Men's Health'
- "Caring for Children" collections

### Online information - free access to

- NHS Direct
- [www.soundshealthy.nhs.uk](http://www.soundshealthy.nhs.uk): information and advice in minority ethnic languages and on audio
- Health Direct
- HealthSpace - personal health guides
- Local and national organisations
- Charities and support groups
- Local NHS and PCT information
- Contact details for GPs, Pharmacies
- Patient choice / Partnership for Patients

Ask a member of staff if you need help to find these.

# Books on prescription



## User's guide

### Books on Prescription – an introduction

One in four of us have emotional or psychological problems at some time in our lives. There are various reasons for this such as living with a chronic health condition or from the pressures of life today. Recent research has shown that tablets do not need to be the first choice of treatment for many cases.

If you choose to use the scheme, your GP or other health professional can prescribe a self-help book from your local library. This will give information about your condition and suggest ways to help you manage it.

The books have all been recommended by experts and offer one way of treating patients with health problems such as anxiety, depression, stress and eating disorders. Your doctor will suggest the best book for you and will give you a 'prescription' which you can take to your local library to get the book.

The scheme operates across the UK. Many patients, their families, friends and carers have found the books very helpful.

### Health topics where the self help approach has been found to be useful:

- Anger
- Anxiety
- Assertiveness
- Bereavement
- Child sexual abuse
- Depression including Postnatal depression
- Eating disorders
- Fatigue
- Health anxiety
- Obsession and compulsion
- Pain
- Panic
- Schizophrenia
- Seasonal Affective Disorder (SAD)
- Self-esteem
- Self-harm
- Social anxiety / Social phobia
- Stress
- Weight problems

More information and the full **Booklist** can be found at:

[www.hpt.nhs.uk](http://www.hpt.nhs.uk)  
[www.wherts-pct.nhs.uk](http://www.wherts-pct.nhs.uk)  
[www.enherts-pct.nhs.uk](http://www.enherts-pct.nhs.uk)  
[www.hertsdirect.org/libraries](http://www.hertsdirect.org/libraries)

- **Does a book prescription mean that I will not have to take medicine?**  
Not always. Your treatment will be a clinical decision made by your GP or health professional who may use a number of different ways to help you.
- **Do I have to be a member of the library?**  
If you are not a member you will be asked to join when you take your prescription to the library. It is very simple and free to join. You can also join on-line at [www.hertsdirect.org.uk](http://www.hertsdirect.org.uk)
- **Where is my nearest library?**  
To find your nearest library and its opening hours phone.  
01438 737333 / 01923 471333  
Or check the website  
[www.hertsdirect.org.uk/libraries](http://www.hertsdirect.org.uk/libraries)
- **What if the book isn't in the library?**  
We have lots of copies of each of the books. If all of them are on loan, we will reserve the book for you free of charge.
- **How long can I keep the book?**  
You can borrow books for three weeks and renew them up to three times if no-one else is waiting for the book.

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