



Many of these are available on loan from your local library

<b>Addiction</b>		
Book / Kindle	Freedom from Addiction	Joe Griffin & Ivan Tyrrell
<b>Alcohol</b>		
Book / Kindle Book	Bottled Up: How to survive living with a problem drinker First Steps out of Problem Drinking	John McMahon & Lou Lewis John McMahon
<b>Anxiety/Relaxation</b>		
Book / Kindle / Audio / YouTube	Feel The Fear And Do It Anyway	Susan Jeffers
Book / Kindle App	How to Master Anxiety Relax with Andrew Johnson (lite)	Joe Griffin App store
<b>Bereavement</b>		
Book /Kindle /Audio Book Book / Kindle	A Grief Observed First Steps through Bereavement Badgers parting Gifts	C.S.Lewis Sue Mayfield Susan Varley
<b>Change</b>		
Book & Audio	Who Moved My Cheese	Spencer Johnson
<b>Depression</b>		
Book / Kindle	How to lift depression Fast	Joe Griffin & Ivan Tyrrell
<b>Eating Disorders</b>		
Book /Kindle Book /Kindle	Eating Disorders: The Path to Recovery Parents' Guide to Eating Disorders	Dr Kate Middleton Jane Smith
<b>Gambling</b>		
Book / Kindle	First steps out of Problem Gambling	Lisa Ustok & Joanna Hughes
<b>Post-Traumatic Stress</b>		
Book / Kindle	What doesn't kill us.	Prof Stephen Joseph
<b>Relationships</b>		
Book / Kindle / App Download/Audio Books / Kindle Book / Kindle	Five Love Languages (for relationships, men's edition, singles, teenagers, children) Relate Guides (e.g. Staying Together, Starting Again) The Solution Focused Marriage	Gary Chapman / App Store <a href="http://www.relate.org.uk">www.relate.org.uk</a> or Amazon Elliott Connie
<b>Self Esteem</b>		

Books	Overcoming Low Self Esteem self-help course (3 part)	Melanie Fennell
<b>Self-Harm</b>		
Book / Kindle	Self-Harm: The Path to Recovery	Dr Kate Middleton
Book / Kindle	The Parent's Guide to Self Harm	Jane Smith
<b>Sleep</b>		
Podcast	Progressive Relaxation by sleep expert Prof Colin Espie	<a href="https://soundcloud.com/mentalhealthfoundation/sleep-relaxation-mp3-mental">https://soundcloud.com/mentalhealthfoundation/sleep-relaxation-mp3-mental</a>
<b>Stress</b>		
Book / Kindle	The Power of Doing Less	Fergus O'Connell

<b>Multiple Resources</b>	
<b>Leaflets and Audio</b>  <a href="https://web.nrw.nhs.uk/selfhelp/">https://web.nrw.nhs.uk/selfhelp/</a> gives Video Introduction, Leaflet or Audio	Abuse Alcohol and You Anxiety Bereavement Controlling Anger Depression & Low Mood Domestic Violence Eating Disorders Food for Thought Health Anxiety  Hearing Voices Obsessions & Compulsions Panic Post Traumatic Stress Postnatal Depression Self Harm Shyness and Social Anxiety Sleeping Problems Stress
<b>NHS recommended apps</b>	<a href="http://www.nhs.uk/apps-library/category/mental-health/">www.nhs.uk/apps-library/category/mental-health/</a>
<b>Online CBT (Cognitive Behaviour Therapy)</b>  Living Life to the Full <a href="http://www.lltff.com">www.lltff.com</a>  Moodzone from NHS <a href="http://www.nhs.uk/moodzone">www.nhs.uk/moodzone</a>	Self-help life skills training package for those with mild to moderate stress, depression and anxiety  Practical information, interactive tools and videos from the NHS to help you look after your mental health
<b>Overcoming Resources</b> <a href="http://www.overcoming.co.uk">www.overcoming.co.uk</a> or Amazon (Purchase)	
<b>Books (A4/A5 Shorter Version) or Kindle</b> <b>An Introduction to coping with...</b> <ul style="list-style-type: none"> <li>• Anxiety</li> <li>• Childhood Trauma</li> <li>• Depression</li> <li>• Depression for carers</li> <li>• Distressing voices</li> <li>• Eating Problems</li> <li>• Extreme emotions</li> <li>• Grief</li> <li>• Health Anxiety</li> <li>• Insomnia and Sleep Problems</li> <li>• Living well with pain</li> <li>• OCD</li> </ul>	
<ul style="list-style-type: none"> <li>• Panic</li> <li>• Phobias</li> <li>• Post-traumatic stress (PTS)</li> <li>• Stress</li> </ul>	
<b>An Introduction to:</b> <ul style="list-style-type: none"> <li>• Improving your Self-Esteem</li> <li>• Sensible alcohol Use</li> </ul>	
<b>Audio book overcoming resources</b> Overcoming: panic and agoraphobia; anger and irritability; depression; low self-esteem.	

**Miscellaneous Help**

Career Change [www.nationalcareersservice.direct.gov.uk](http://www.nationalcareersservice.direct.gov.uk)

Mental Health and Debt [www.moneysavingexpert.com/credit-cards/mental-health-guide/](http://www.moneysavingexpert.com/credit-cards/mental-health-guide/)

CAP (Christians Against Poverty) <https://capuk.org> enter postcode for local centre offering free debt counselling

StepChange Debit Charity (formally Consumer Credit Counselling Service) [www.step-change.org](http://www.step-change.org) Tel: 0800 138 1111

Citizens Advice Bureau [www.citizensadvice.org.uk](http://www.citizensadvice.org.uk) or visit local CAB centre (listed online, help with many matters)

ACAS (Advisory, Conciliation and Arbitration Service) [www.acas.org.uk](http://www.acas.org.uk) Tel: 0300 123 1100 (help with employment matters)

Child Bereavement UK National Helpline Tel: 0800 02 888 40 Email: [support@childbereavementuk.org](mailto:support@childbereavementuk.org)

Samaritans if you need someone to talk to call 116 123