

What if the book doesn't help me?

We know that the books on the list often do prove helpful. They may not help everyone though. If you have tried really hard to use the book, but you find that your problems don't get much better, go back to your doctor (or the other health professional who prescribed the book).

There are other kinds of self-help available apart from books. You could try using the Internet. The website www.scotland.gov.uk/Publications/2006/03/22091556/0 is a good starting point. If you do not have access to a computer at home, ask at your local library, and they will help you get onto the Internet for free.



YOUR LOCAL LIBRARY

For opening times and details of your local library, please visit:

<http://www.highland.gov.uk/leisure/libraries/yourlocallibrary/>

or phone the Library Support Unit
31a Harbour Road
Inverness IV1 1UA
on **01463 235713**

or email libraries@highland.gov.uk

To find other books on your problem, search the Highland Libraries' online catalogue at:

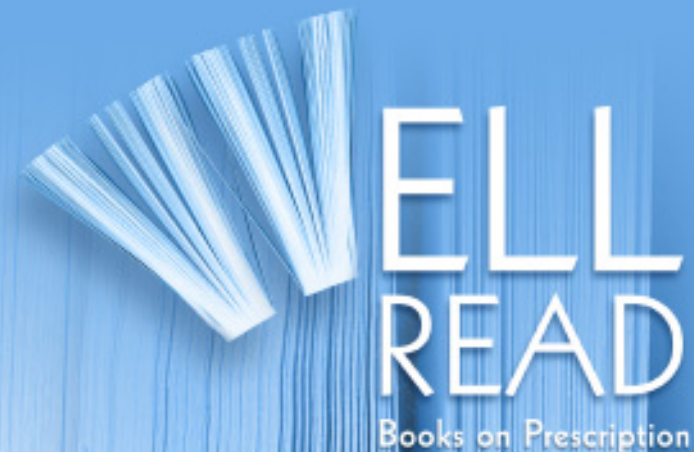
<http://highlandlibraries/TalisPrism/>

Text reproduced with kind permission of STEPS

<http://www.glasgowsteps.com/index.jsp>



SERVING The Highland Community



LEABHRAICHEAN AIR ÒRDUGH

What is the purpose of this leaflet?

This leaflet tells you about a new scheme which has been set up by NHS Highland and Highland Libraries. It is about using books to help people who suffer from stress, depression, or other emotional problems. If you take part in the scheme, it means that your GP or another health professional has prescribed a specific book to help you.

'Well Read' - how does it work?

If your doctor has decided that you suffer from stress or another emotional problem, there are several things that they can do. They might prescribe some medicine, or refer you to someone else with expertise in this area. The Well Read scheme offers them a further option. If your doctor decides that a book may help you they will 'prescribe' the book that they think is most likely to help. You can then go along to your nearest library where you can borrow the book.

What kind of books are they?

The books in the Well Read scheme will give you information about the specific problem that you have. Many of the books have ideas for helping yourself. They suggest things that you can try or think about that will help you deal with your problem and hopefully start to feel better.

The book that your doctor prescribes will be chosen from a list of recommended books. The books chosen for the list are there because they are known to be good, as well as easy to understand and use. People who have used the books before have found them to be helpful.

Some Frequently Asked Questions:

Can a book really help me?

Yes! There is good evidence showing that books can help people who have emotional problems. Of course, not everyone will be helped in this way. How much a self-help book works depends on how much effort the reader puts in to sticking to the advice given. Setting aside some time regularly to read the book and follow its advice will help a great deal.

How long can I borrow the book for?

You can borrow the book for three weeks - if you need it for longer, you can renew it in person, by phone or via the internet (visit <http://highlandlibraries/TalisPrism>). You can find the phone number of your local library in the telephone directory or on the Highland Libraries website at <http://www.highland.gov.uk/leisure/libraries/yourlocallibrary/>

What if I'm not a member of the library?

If you have been prescribed a book, and you are not a member of the library, you can join for free. It only takes a few minutes to join, and you will be able to take your book out straight away. If you take along your 'prescription', the library will accept this as proof of your identity.

What if the book I want is not available?

There are lots of copies of the books in Highland Libraries. If the one in your local library has been borrowed by someone else, the library will get you a copy from another library as soon as they can. Every effort will be made to ensure you get your prescribed book quickly.

Is the service confidential?

Once your doctor has given you a prescription, you can take it to the library or get someone else to get it for you. The library staff are professional and will treat you with respect and confidentiality. This means that they will not give out any information about who is borrowing the book or what the book is about.

