



The Wellbeing Collection

The Wellbeing Collections are a range of good quality books and other resources which can help people understand and cope with common life challenges, situations and mental health problems. The Family and Children's Collection and the Adult Collection are available in all Hounslow libraries.



What type of things can the Wellbeing Collection help with?

If you are struggling with emotional or personal issues, books can help you resolve some of your problems. Many people experience psychological problems or emotional difficulties at some time during their lives.

The collection covers the following topics:

- Anger
- Anxiety
- Bereavement
- Depression
- Eating disorders
- Improving your mood



- Obsession
- Panic
- Relaxation & hypnotherapy
- Self-esteem
- Sleep disorders
- Stress



How were the books chosen?

The Adult Wellbeing Collection booklist is based on the original 'Books on Prescription' scheme which began in Wales.

Professor Neil Frude, a Consultant Clinical Psychologist, consulted with other health care professionals and compiled a list of quality self-help books that were considered suitable to recommend to people with mild to moderate mental health issues. The list has been expanded and CDs have been included.

How to use the Collection

You can choose and reserve a book online by visiting www.hounslow.info/libraries

Here you can also view and download the entire Wellbeing Collection Booklist, but you may need a PDF reader on your computer. A health professional may also recommend a book for you from the Collection. The booklist is available at some of our libraries (Hounslow, Feltham, Bedfont, Cranford and Hanworth).

Frequently Asked Questions

Where is my local library?

You can find out where your nearest library is by visiting: www.hounslow.info/libraries

Can I use this service even if I am not a library member?

Anyone can join the library for free. All you need to do is complete an application form and provide proof of your name, address and signature. You can also fill in the form online and visit any of our libraries with your documents.

How long can I borrow the book for?

The books will be issued to you for a period of 4 weeks and if no one else is waiting on the book, you may renew it a further two times. Fines are applicable if the books are returned late.

How will the book help me?

The Adult Wellbeing Collection books often use a cognitive behavioural therapy (CBT) approach. Psychological symptoms can be related to the interaction of a person's thoughts, behaviours and emotions. The books assist people to understand their conditions and raise awareness of options available to people to manage their health. They contain practical exercises that help people to modify their thoughts and behaviours, which may be prolonging symptoms. Importantly, people find it is reassuring to know they are not alone and others have had similar experiences.

What if the book does not help?

Many people find the books effective and helpful but not everyone will be helped in this way. If you have tried to use a book but find your difficulty or distress continues, you should contact your GP or health professional for further advice.

For more information about
Hounslow libraries contact:

Tel: **0845 456 2796**

www.hounslow.gov.uk

Translations and accessible formats:

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