



Many people develop emotional or mental health problems during their life and may feel vulnerable, anxious or depressed.

The Books on Prescription scheme can help by providing access to a range of self help books to help those struggling to cope with difficult times or events.

What is Books on Prescription?

Through the Books on Prescription scheme, GPs and other health professionals can recommend self help books as a form of treatment. These books give people information about their health problem and suggest ways to help manage it. Most of the books are based on the same therapy ideas that a counsellor or psychologist would use.

If you and your doctor (or other professional) agree that a book might help, you will be given a 'prescription' which can be exchanged for the recommended book at your local library.

Reader Comments

"It is an excellent scheme that will help many people"

"I think offering patients books to read about their medical problems is much more helpful and appropriate than offering medication. It gives the patient time to understand their problem or condition so they can decide how to treat it in their own way first."

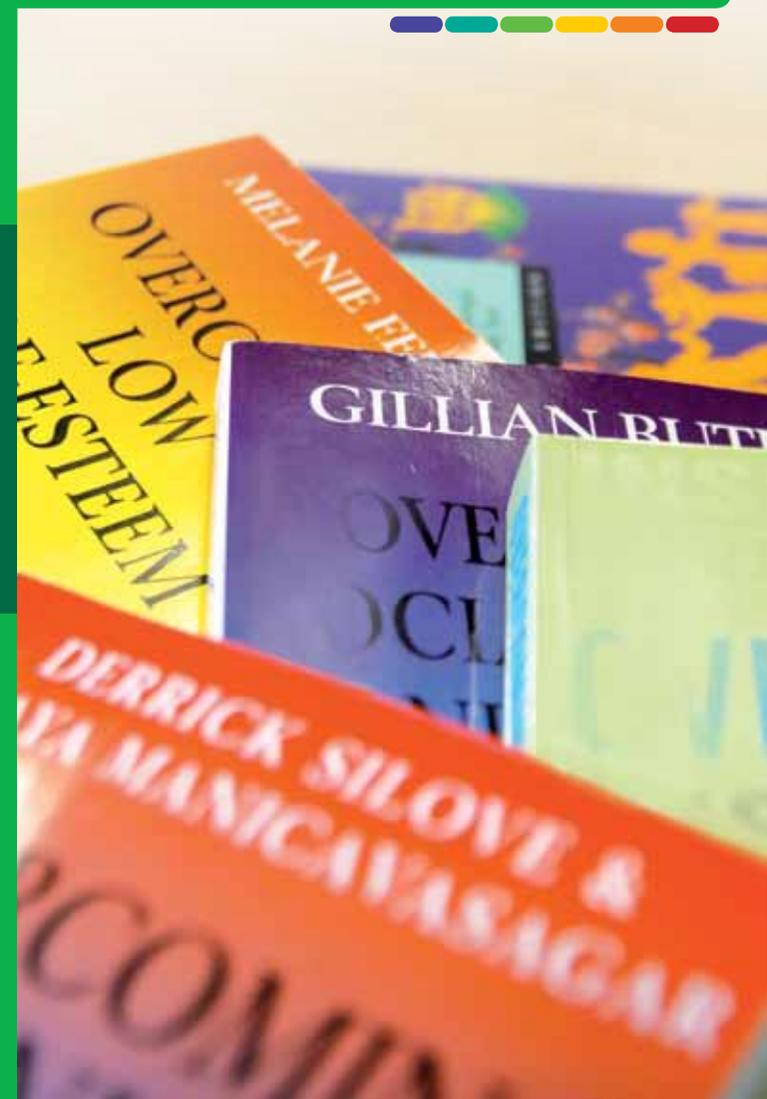
"This book has been very helpful in aiding my recovery"

Books on Prescription is a joint partnership between NHS Nottinghamshire County and Nottinghamshire County Council.



Books on Prescription

A self help scheme to **keep your mind healthy**



This information is available in different languages and formats. For more information please contact 0800 028 3693

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Do I have to be a member of the library?

No, you don't have to be an existing member of the library and there is no charge for using the scheme. However, you may wish to join the library as this will mean that you can also borrow other non-prescribed books, CDs and DVDs.

Is the scheme confidential?

All personal details and book loan information are treated as confidential under the Data Protection Act.

Think of the library staff in the same way that you might think of your pharmacist – as someone who delivers what is prescribed professionally and discreetly.

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, library staff will reserve one or request one from another library for you, free of charge.

How long can I keep the book?

You can borrow books for three weeks at a time and renew them as many times as you need to – as long as no-one else is waiting for the book. Many of the books are also available to buy in leading bookstores.

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What happens if I need further help?

We know that self help books often prove useful. However, if you find that the book isn't helpful you might try another book or it may be that another approach would help instead.

In this case, it's always best to talk to the person who prescribed the book for you so that you can decide together what the next step should be.

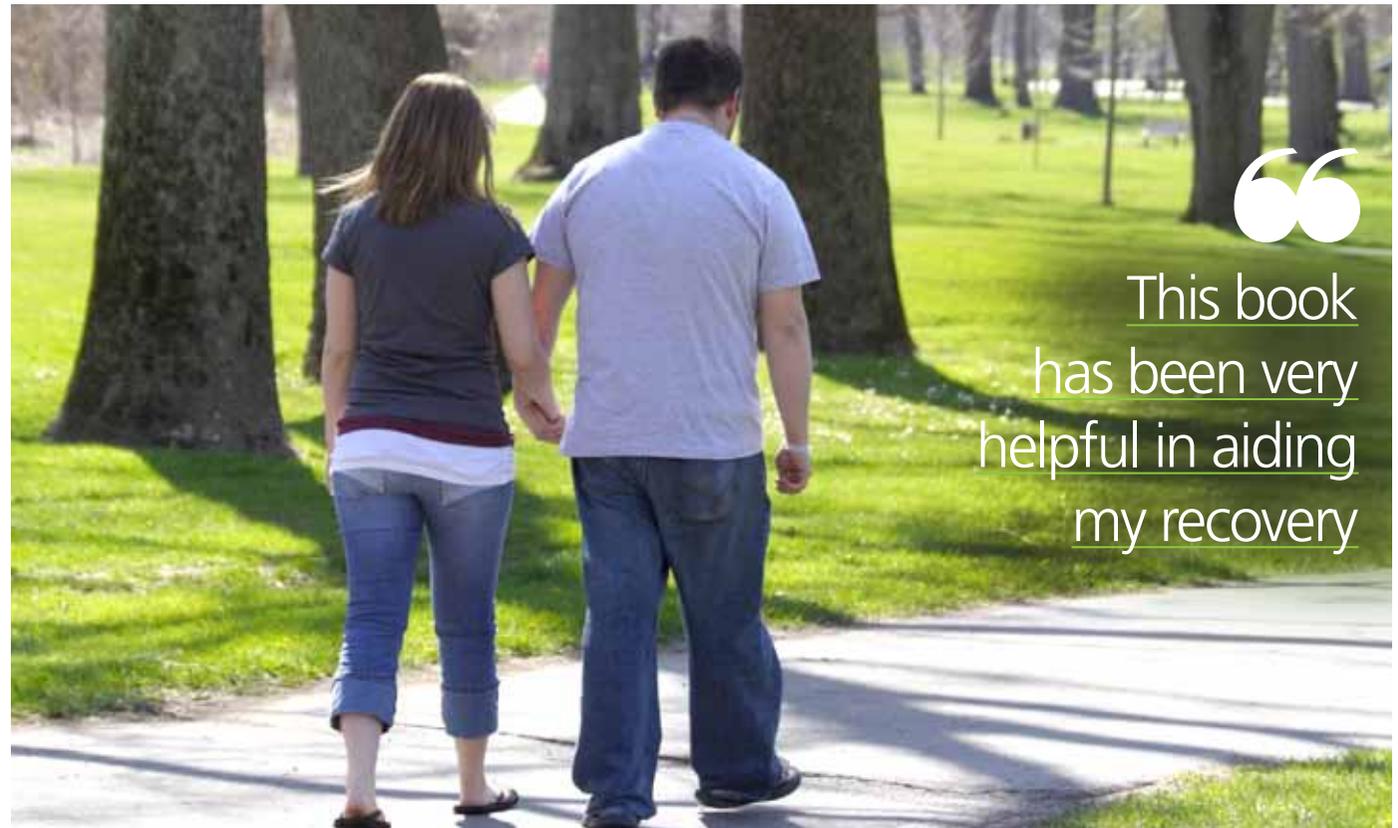
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How do I find out more about the scheme?

Speak to your GP or health advisor. Disability Employment Advisors at Job Centre Plus can also prescribe books for people that they support.

To find your nearest library and its opening hours phone **08449 808080** or go to the website at www.nottinghamshire.gov.uk/libraries



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