

Other Library Services

The Cheshire Library catalogue is available online.

You can see if the recommended book is in your local library and if not you can reserve it - the library will let you know when it is available for collection.

www.cheshire.gov.uk/library

When you are a member of the library you can use computers free of charge for one hour each day (booking advisable).



You can use them to look up recommended health websites or simply to surf the web.

The library also has a list of local clubs, organisations and self-help groups that you might like to check.

Useful Contacts

Your local library **0845 11 333 11**
www.cheshire.gov.uk/library

To renew library books **0845 1480148**

Central and Eastern Cheshire PCT
www.cecpct.nhs.uk

Western Cheshire PCT **0800 132 996**
www.wcheshirepct.nhs.uk

NHS Direct **0845 4647**
www.nhsdirect.nhs.uk

www.nmht.nhs.uk/pubs/info.htm

www.patient.co.uk/showdoc/684

www.livinglifetothefull.com/elearning

moodgym.anu.edu.au

www.help4me.info

This leaflet was given to you by:

Books on Prescription

in Cheshire

Helping you to help yourself

Cheshire Libraries working for Health



Books on Prescription?

Many people struggle to cope with difficult times during their life. They may feel vulnerable and experience emotional distress.

Books on Prescription is a scheme where GPs, health and other professionals can offer additional help to people by recommending self-help books. These books are specially chosen to enable the reader to manage health problems and regain their confidence and enjoyment of life.



- * Anger
- * Eating Disorders
- * Anxiety
- * Assertiveness
- * Bereavement
- * Depression
- * Obsessive Compulsive Disorder
- * Panic
- * Post Traumatic Stress Disorder
- * Stress

Why Self Help?

Self-help books can be highly effective when used on their own, or together with prescribed medication, counselling or therapy.

People often want more information about their particular problems and explanations of methods that could help. Self-help books often lead readers through exercises, self-assessments and diary sheets aimed at developing skills and strategies for coping.

For the full list of recommended self help books visit www.cheshire.gov.uk/library

Your Nearest Library

To find out when your nearest library is open please call

0845 11 333 11 or visit
www.cheshire.gov.uk/library



Using the Library for your Books on Prescription

You can use any library in Cheshire to borrow the books recommended by your GP, health or other professional.

If you have a library card bring it with you to the library. If you do not have a library card, please bring proof of your name and address and we will ask you to fill in a membership form when you arrive. You will then be given a library card free of charge.

Many libraries in Cheshire have copies of these books, but if they are out on loan the library can obtain another copy for a small charge. The library staff can help you to find the book that you need.

The library staff are professionals who will treat you with respect and your enquiry will be confidential. You may also find other books, CDs, DVDs, or computer games that you would like to borrow.

Library books are issued initially for three weeks but if you need them longer you can renew them – provided they are not reserved. You can renew a book by phone, by calling into the library or online – have your library card at the ready.