

Hackney Libraries and City & Hackney Primary Care Trust

Books on  
*Prescription*

*Information Leaflet*



City and Hackney  
Primary Care Trust



One in four of us will experience emotional or psychological problems at some time in our lives. Health professionals can offer a range of help, including counselling and medication, but recent research shows that books can also help in overcoming problems. Because of this, City & Hackney PCT and Hackney Library Service have come together to launch a Books on Prescription service.

### **How does Books on Prescription work?**

Following a discussion with your self-help worker, or another health professional, you may receive a prescription for a book they think might help. You can then take your prescription along to any library in the borough to pick up a copy. You can borrow the book for as long as it has been prescribed.

### **What sort of books are prescribed?**

A range of self-help titles are available, and cover areas such as anxiety, depression, anger, eating disorders, low-self esteem and stress. They're all written in a straight forward style, and are recommended by leading psychologists and counsellors.



*Books on Prescription*

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

If you're not a library member, you can join when you bring in your prescription – it's very quick and easy. You'll become a full-member straight away, and won't need to bring in any other proof of identity. It also means you'll be able to take advantage the other services on offer in the library

## **Where can I find my nearest library?**

Books on Prescription titles are available from Clapton, CLR James, Shoreditch, Homerton, Stoke Newington, Stamford Hill and Hackney Central Libraries. To find the library that's nearest to you, call 020 8356 2539.

## **What if the book isn't in stock?**

We try to make sure copies are available at all libraries, but if all copies are being borrowed at the site you visit, we'll find out which libraries have a copy available – you can collect it from there or have it delivered, free, to your local library.

## **Is the service confidential?**

Yes – like going to the pharmacist, library staff will treat your prescription as confidential.

## What other help is available?

Lots of people find the books offered helpful, but they don't suit everyone. If you feel you'd like more help, you should return to your GP or self-help facilitator and discuss what other options are available.

## Useful Contacts

For details of your local library, or to renew library books, call the Libraries Renewal Line - 020 8356 2539

[www.hackney.gov.uk/libraries](http://www.hackney.gov.uk/libraries)

### **City & Hackney Teaching Primary Care Trust**

Telephone: 020 7683 4000

Website: [www.chpct.nhs.uk](http://www.chpct.nhs.uk)

### **City & Hackney MIND**

Telephone: 020 8985 4239

Website: [www.cityandhackneymind.org.uk](http://www.cityandhackneymind.org.uk)

### **NHS Direct**

Telephone: 0845 4647

[www.nhsdirect.nhs.uk](http://www.nhsdirect.nhs.uk)

### **Health information and support groups**

[www.patient.co.uk](http://www.patient.co.uk)