

Books on  
*Prescription*



# One in four of us will experience emotional or psychological problems at some time in our lives.

Research shows that good quality self-help books can be very effective in helping people cope with problems like anxiety, depression and stress.

Hackney Libraries and City & Hackney Primary Care Trust are working together to help patients and library users access the best self-help books. All the titles available are recommended by leading psychologists and counsellors, and are written in a straight-forward style.

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If you have ever experienced problems with any of the issues below, the Books on Prescription service may be able to help:

Alcohol

Anger

Anxiety

Assertiveness

Body Image

Bereavement

Bi-Polar Disorder

Chronic Fatigue

Depression

Eating

Obsessions & Compulsions

Pain

Panic

Phobias

Post Natal Depression

Post Traumatic Stress Disorder

Self Esteem & Confidence

Sleep

Social Anxiety

Stress

Worry

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For general information on the service, please ask at your local library. You can obtain a prescription from a Self-Help Facilitator at City & Hackney PCT Psychology Service. Please contact your GP about how to see a Self-Help Facilitator.

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

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