

ABOUT THE SCHEME

Many people - perhaps even the majority - develop emotional or psychological problems at some time during their lives. There is a lot of evidence to say that using good quality self-help materials can be very useful at these times.

The **Fingal Healthy Reading Scheme** has been set up to help you access books that provide such information and support.

HOW THE SCHEME WORKS

The scheme recommends quality self-help books for adults, as well as for children and families. These books are listed in two separate leaflets. You can borrow the recommended books free of charge from your local library.

If you are not already a library member, library staff will be happy to assist you in joining.

WHO THE SCHEME IS FOR

Self-help can be used at any time, for example:

- As a first step to helping resolve difficulties that are a source of stress and unhappiness.
- As a source of support for people experiencing common emotional problems such as depression, eating disorders, panic attacks or low self-esteem.
- While you are on a waiting list to see a professional.
- As an additional helping hand while you are working with a professional (e.g. a mental health professional).

EXPLORING OTHER SOLUTIONS

Using self-help material to resolve difficulties can be satisfying and empowering, but making changes in your life takes effort. Time needs to be made for reading and trying any suggested exercises.

If you've given it a good try there could be a number of reasons why it didn't work:

- Perhaps the book didn't cover precisely what you were looking for?
- Or maybe you didn't like the author's style?

If this is the case you may want to look up some of the other books we have recommended.

Alternatively, if you feel you need more help to deal with the difficulties you are facing then, talk to your G.P. or a health care professional that you trust about getting access to further support.

www.fingalcoco.ie/library/fingalhealthyreading

"Although the world is full of suffering, it is full also of the overcoming of it."

Helen Keller



Foirdheannacht na Seirbhíse Sláinte
Health Service Executive



Fingal County Council
Comhairle Contae Fhine Gall



Daughters of Charity
Child & Family Service

FINGAL HEALTHY READING SCHEME

HELP TAKE THE WEIGHT OFF YOUR MIND



IF EMOTIONAL OR FAMILY PROBLEMS ARE GETTING ON TOP OF YOU...

YOUR LOCAL LIBRARY HAS SELF-HELP MATERIALS THAT COULD MAKE A DIFFERENCE.

SELF-HELP READING MATERIALS

ISSUES ADDRESSED	BOOKS THAT CAN HELP	AUTHOR
Anger	- Managing Anger - Overcoming Anger and Irritability	Gael Lindenfield William Davies
Anorexia	- Overcoming Anorexia Nervosa	Christopher Freeman & Peter Cooper
Anxiety	- Overcoming Anxiety - The Feeling Good Handbook	Helen Kennerley David Burns
Assertiveness	- Assert Yourself	Gael Lindenfield
Bereavement	- Living with Loss: A Book for the Widowed - "You'll Get Over It" The Rage Of Bereavement	Liz McNeill Taylor Virginia Ironside
Bulimia and Binge-Eating	- Getting Better Bit(e) by Bit(e): A Survival Kit for Sufferers of Bulimia Nervosa and Binge Eating Disorders - Overcoming Bulimia and Binge Eating	Ulrike Schmidt & Janet Treasure Peter Cooper
Child Abuse (Adult Survivors)	- Overcoming Childhood Trauma	Helen Kennerley
Child Sexual Abuse (Adult Survivors)	- Breaking Free: Help for Survivors of Child Sexual Abuse	Carolyn Ainscough & Kay Toon
Depression	- I Had a Black Dog, His Name was Depression - Depression: The Way Out of Your Prison - Overcoming Depression - Depression The Common Sense Approach - The Feeling Good Handbook	Matthew Johnstone Dorothy Rowe Paul Gilbert Tony Bates David Burns
Mood Swings	- Overcoming Mood Swings	Jan Scott
Obsessions and Compulsions	- Overcoming Obsessive Compulsive Disorder - Obsessive Compulsive Disorder	David Veale & Rob Willson Fredrick Toates & Olga Coschug-Toates
Panic	- Panic Attacks - When Panic Attacks	Christine Ingham Aine Tubridy
Post Traumatic Stress	- Overcoming Traumatic Stress	Claudia Herbert & Ann Wetmore
Psychotherapy	- Change for the Better: Self Help through Practical Psychotherapy	Elizabeth Wilde McCormick
Relationship Problems	- Overcoming Relationship Problems	Michael Crowe
Self Esteem	- Self Esteem - The Positive Woman	Gael Lindenfield Gael Lindenfield
Sexual Problems	- Overcoming Sexual Problems	Vicki Ford
Social Anxiety	- Overcoming Social Anxiety and Shyness	Gillian Butler
Stress	- The Relaxation and Stress Reduction Workbook - Managing Stress	Martha Davis, Elizabeth Robbins Eshelman & Matthew McKay Terry Looker & Olga Gregson
Worry	- How to Stop Worrying	Frank Tallis