



INTRODUCTION

This leaflet includes useful information on books, website links, and mobile phone apps, relating to common mental health problems such as depression and anxiety. They also contain tips and strategies to improve your mental health and well-being, for example how to reduce stress and sleep better.

WEB BASED SELF HELP

GENERAL MENTAL HEALTH

GET SELF HELP: Free downloadable CBT self-help information leaflets, also information about Mindfulness and practices. www.getselfhelp.co.uk/freedownloads.htm

LIVING LIFE TO THE FULL: This is a life skills course that aims to provide access to high quality practical and user friendly training in life skills.

www.llttf.com

www.anxietyuk.org.uk

MIND MENTAL HEALTH: Information, advice and help lines www.mind.org.uk

THE COMPASSIONATE MIND FOUNDATION: Aims to promote well-being through the understanding and application of compassion.

www.compassionatemind.co.uk

OCD (obsessive compulsive disorder)

OCD ACTION: Provide support and information to anybody affected by OCD, they also work to raise awareness of OCD amongst the public and frontline healthcare workers and strive to secure a better deal for people with OCD. www.ocdaction.org.uk

OCD UK: Supports children and adults with OCD . www.ocduk.org

Maternal OCD: Aims to raise awareness of OCD for mothers-to-be to reduce the onset probability of OCD developing, and provide easily accessible resources for mothers with OCD to enable them to recover more quickly www.maternalocd.org

SLEEP

HELP GUIDE.Org: www.helpguide.org/life/sleep_disorders.htm

LOW MOOD

THE MOOD GYM: A free self-help program to teach cognitive behaviour therapy skills to people vulnerable to depression and anxiety. www.moodgym.anu.edu.au

DBT SELF HELP: Provides lots of information on emotional regulation and distress tolerance skills, interpersonal effectiveness and mindfulness. www.dbtselfhelp.com

MOOD JUICE: The site is designed to offer information, advice to those experiencing troublesome thoughts, feelings and actions. From the site you are able to print off various self-help guides covering conditions such as depression, anxiety, stress, panic and sleep problems. www.moodjuice.scot.nhs.uk

CCI HEALTH: Information packages on anxiety or depression and other mental health problems. www.cci.health.wa.gov.au

MINDFULNESS RESOURCES: www.freemindfulness.org/download

LONG TERM CONDITIONS

Chronic Fatigue: A self-help program to work through for those experiencing the symptoms associated with chronic fatigue (syndrome), based on cognitive behavioural therapy (CBT)

Chronic pain: www.moodjuice.scot.nhs.uk/chronicpain.asp

LOSS

Prevention of Young Suicides: www.papyrus-uk.org

MILITARY

Combat Stress: www.combatstress.org.uk

North West Military Veterans Service:

www.penninecare.nhs.uk/Military-Veterans-Service.htm

HELP FOR HEROES: www.helpforheroes.org.uk

Big White Wall: www.bigwhitewall.com



ADVICE

Cheshire West Citizens Advice Bureau: free, impartial confidential advice and information on a range of issues including employment, benefits, housing and debt.

www.cwcab.org.uk

SAMARITANS: www.samaritans.org

HOUSING

SHELTER: england.shelter.org.uk

EMPLOYMENT

Chester Area Project for Training, Employment and Retraining – CHAPTER: It assists in the maintenance and support of people who, because of their mental health problems, need help in regaining confidence and accessing training and employment.
home.btconnect.com/chapterwestcheshire/

CARERS

Carers UK www.carersuk.org

TRANSLATED SELF HELP INFORMATION SITES:

www.londonhp.nhs.uk/services/mental-health/improving-access-to-psychological-therapies-iapt/translated-self-help-iapt-materials/

www.ucl.ac.uk/pwp-review/Translation



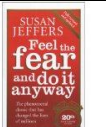
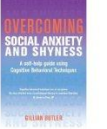
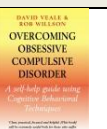




SELF HELP APPS

Apps for Smart Phones (free or pay items)

If unable to download from the website link, go to your phone's marketplace/store and search for the title

iPhone, iTouch, iPad etc	Android
<ul style="list-style-type: none"> • SAM - Self Help App for Anxiety • MyCBT • Anxiety Coach • Thought Diary • Mood & Anxiety Diary • Mood Diary - the Phobic Trust • Mind Shift for Anxiety • eCBT • iCBT • CBT Referee • iStress • Journal Diary • Live Happy • My Thoughts • Smart Goals • LifeTick (values & goals) • Beat Panic • DBT Self-Help • MoodKit • Affirmations • MoodJournal • Panic Aid • Thought Box • Fig - personal wellness guide • The Sleep School app 	<ul style="list-style-type: none"> • SAM - Self Help App for Anxiety • Cognitive Diary CBT self help • Depression CBT self help guide • The Worry Box • Fig - personal wellness guide • Irrational Thinking CBT Test • Stop Panic & Anxiety • Mind Shift for Anxiety • Depression • CBT Referee • I Journal • This Journal • Mood Journal Plus • PTSD Coach • T2 Mood Tracker • Mood Journal Plus • Mood Sentry • Habit Factor (goals) • MyChain (maintaining goals) • LifeTick (values & goals) • Self Esteem Blackboard • Confidence Quotes • Mindfulness bell - set reminders!
Windows phone 7	Blackberry
<ul style="list-style-type: none"> • Feel Good Tracker • Smart Goals • CBT Diary 	<ul style="list-style-type: none"> • Mood Journal • Dear Diary • LifeTick (values & goals)

SELF HELP BOOKS 			
ANXIETY			
	Overcoming Anxiety Helen Kennerley ISBN-13 9781849010719		Overcoming anxiety, stress & panic: Chris Williams CRC Press
	Overcoming Stress Gillian Todd, Leonora Brosan		A five areas approach Feel the fear & do it anyway Susan Jeffers
SOCIAL ANXIETY		HEALTH ANXIETY	
	Overcoming social anxiety and shyness Gillian Butler Constable & Robinson		Overcoming Health Anxiety David Veale ISBN-13 9781845298241
WORRY		PHOBIAS	
	Overcoming Worry Kevin Meares, Mark Freeston ISBN-13 9781845296360		An Introduction to coping with Phobias Brenda Hogan Constable & Robinson
DEPRESSION			
	Overcoming Depression Paul Gilbert ISBN-13 9781849010665		Mind over Mood Dennis Greenberger & Christine Padesky Guilford Press
OBSESSIONS & COMPULSIONS			
	Overcoming Obsessive Compulsive Disorder David Veale, Rob Willson ISBN-13 9781841199368		Break free from OCD: Overcoming Obsessive Compulsive disorder with CBT F. Challacombe, V. Bream Oldfield & P. Salkovskis
CHRONIC FATIGUE & PAIN			
	Overcoming Chronic Pain et al, Frances Cole ISBN-13 978184119970		Overcoming Chronic Fatigue Mary Burgess, Trudie Chalder ISBN-13 9781841199429

SELF HELP BOOKS 			
LOW SELF ESTEEM			
	The Feeling Good Handbook David Burns Penguin		Overcoming Low Self-Esteem Melanie Fennell ISBN-13 9781849010689
PANIC & AGORAPHOBIA			
	Overcoming Panic Derrick Silove ISBN-13 9781849010023		Overcoming Panic and Agoraphobia Derrick Silove ISBN-13 9781854877017
TRAUMA			
	Overcoming Traumatic Stress Ann Wetmore, Claudia Herbert. ISBN-13 9781841190167		Overcoming Childhood Trauma Helen Kennerley ISBN-13 9781841190815
RELATIONSHIPS		ANGER	
	Overcoming Relationship Problems Michael Crowe Constable & Robinson		Overcoming Anger and Irritability William Davies ISBN-13 9781849011310
BEREAVEMENT & LOSS		SLEEP PROBLEMS	
	Overcoming Grief Sue Morris		Overcoming Insomnia and Sleep Problems Colin Espie ISBN-13 9781845290702
BINGE EATING & BULIMIA NERVOSA			
	Overcoming bulimia nervosa and binge eating Peter J Cooper Constable & Robinson		Getting better Bit(e) by bit(e) Ulrike Schmidt & Janet Treasure Routledge