

Self Help Resources

Depression and anxiety are very common and there are a variety of self help interventions that you can access which may help you overcome your difficulties. If, of course, you feel you need further help and support please contact your GP or you can self refer to Talking Therapies – www.talkingtherapies.berkshire.nhs.uk and we can arrange for you to speak to someone to get you further help and support

Resource	Aimed at / Can be used for:	Description
Living Life to the Full www.livinglifetothefull.com	People under pressure, stressed or distressed and would like to learn life skills to help themselves. This can be helpful for most people of all ages	<p>The Living Life to the full course is a life skills course that aims to provide access to high quality, practical and user-friendly training in life skills.</p> <p>The course teaches key knowledge in how to tackle and respond to issues / demands which we all meet in our every day lives.</p> <p>The course covers the following:</p> <ul style="list-style-type: none"> • Understanding why we feel as we do • Practical problem solving skills • Using anxiety Control Training • Overcoming reduced activity • Helpful and unhelpful behaviours • Using medication effectively • Noticing unhelpful thoughts • Changing unhelpful thoughts • Healthy living – sleep, food, diet and exercise • Staying well <p>The website also has a social element, with the ability for discussion in forums</p>
MoodGYM http://www.moodgym.anu.edu.au/welcome	People with depression - good for young adults	<p>MoodGYM is a an innovative, interactive web programme designed to prevent depression. It consists of five modules, an interactive game, anxiety and depression assessments, downloadable relaxation audio, a workbook and feedback assessment.</p>
Triumph Over phobia www.topuk.org	For people with phobias and OCD	<p>This organisation aims to help sufferers of phobias, obsessive compulsive disorder and other related anxiety to overcome their fears and become ex-sufferers with a CBT approach. They run a network of self-help therapy groups. Groups meet weekly and are structured, warm and supportive.</p>

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GET.gg www.getselfhelp.co.uk	Anxiety, depression, anger, self esteem, stress, sleep and more including chronic fatigue and pain	Cognitive behavioural self help resources. This website offers CBT self-help information, resources and tools including therapy worksheets
Anxiety Care Uk www.anxietycare.org.uk	For people with anxiety	Anxiety Care UK offers self help information and support groups to help people understand about anxiety. Anxiety Care UK is a non-profit registered company based in East London that specialises in helping people to recover from anxiety disorder and to maintain that recovery. Anxiety Care UK offers support which can be long or short term according to the client's need. Nationally and locally they offer support through our recovery information email service and on-line chat room
Talking Therapies Relaxation Audio www.talkingtherapies.berkshire.nhs.uk	Relaxation to help combat stress and symptoms of anxiety	Deep relaxation is recommended by experts to help combat stress and symptoms of anxiety. It may also help to ease symptoms of depression. One relaxation technique is Progressive Muscular Relaxation (PMR) – this teaches you how to: <ul style="list-style-type: none"> • Relax the muscles • Control your breathing You can download the relaxation guide from the Talking therapies website along with a relaxation booklet that explains PMR in more detail and gives further instructions on how to use the guides. WARNING – if you have any problems such as a back injury and are concerned that PMR might make it worse, ask your GP for advice.
Patient UK – www.patient.co.uk	General mental health information	Information website for patients including information leaflets, directories and care and support information. This website also signposts to other useful websites covering a wide range of different topics.
Northumberland, Tyne and Wear NHS foundation Trust http://www.ntw.nhs.uk/pic/selfhelp		Self help guides Self help guides which cover a range of mental health issues
Mind www.mind.org.uk		Mind helps people take control of their mental health. They provide high-quality advice and information, and campaign to promote and protect good mental health for all.

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Overcoming Anger and Irritability – W Davies (2000) Managing Anger G. Lindenfield (2000)	Anger Management -Specifically aimed at men who want to stop behaving violently or abusively and for the people affected by their violence and abuse	Books available from your local library
The Mental health Foundation: Cool Down – Anger and how to deal with it. www.mentalhealth.org.uk/publications		Free download from website
Mind http://www.mind.org.uk/help/diagnoses_and_conditions/dealing_with_anger		Information about anger and how do deal with anger in a constructive way
Leeds University http://www.leeds.ac.uk/ahead4health/anger.htm		Website explaining anger and what you can do about managing your anger
Everyman http://www.everymanproject.co.uk		EVERYMAN PROJECT is a voluntary, charitable organisation based in London which offers a range of support services for men who want to stop behaving violently or abusively and for the people affected by their violence or abuse. These include a focused brief counselling programme, a partner support programme, providing information and advice on the telephone.
GET.gg www.getselfhelp.co.uk		Free self help information, resources and therapy sheets
Northumberland Tyne and Wear Foundation Trust http://www.ntw.nhs.uk/pic/selfhelp		Self help guide: Controlling Anger – a self help guide

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<p>TalkingTherapies Work Related Self help Guides Self-Help Resources Talking Therapies</p> <p>Remploy: Tel: 020 8426 3110 Email: atwosu.london@jobcentreplus.gsi.gov.uk</p>	<p>Work related support - self help guides</p> <p>- Workplace mental health support</p>	<p>Sometimes we can experience problems relating to work – you may be looking for work or thinking about changing your job, you may be off sick and concerned about returning to work or you may be facing or worried about redundancy. Talking Therapies has produced some self help guides which may help you.</p> <ul style="list-style-type: none"> • Changing your career • Finding work • Preparing for an interview • Return to work • Redundancy <p>These are available on the Talking Therapies website:</p> <p>Remploy offers free workplace mental health support to individuals with a mental health condition, who are absent from work or finding work difficult. For further information please contact Remploy 0845 146 0501 Or make an application for this service by contacting Access to Work: South East England, London and East of England:</p>
<p>Berkshire West Health Trainers www.berkshirewest.nhs.uk/healthtrainer or call 0118 9551214 for further details</p> <p>Stop Smoking; SmokefreelifeBerkshire 0800 622 6360 or send a SMS QUIT to 66777 or email the service info@smokefreelifeberkshire.co.uk</p>	<p>Healthy lifestyles</p>	<p>Health Trainers Berkshire West have a team of Health Trainers that can encourage, support and guide you to a better lifestyle with free, one to one support.</p> <p>SmokefreelifeBerkshire offer free, weekly 1:1 or group sessions over 12 weeks, as well as a weekly supply of Nicotine Replacement Therapy. Their clinics are within local community settings, in pharmacies, GP surgeries, in local markets, fitness centres, supermarkets, libraries, community centres, dental practices and many other venues. If you have mobility problems, are of ill health or are house bound, they may be able to offer a home visit or you can get free face-to-face online video chat support from the comfort of your home or workplace.</p>

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<p>Eat 4 health – West Berkshire eat 4 health on 01189 822954 or email; e4h@berkshire.nhs.uk or pop in to see your local practice and ask your GP, Nurse or Health Visitor to refer you under the 'GP Exercise Referral Programme'</p> <p>Walking the Way to Health www.whi.org.uk</p>		<p>Eat 4 health is a weight loss programme for those over weight and obese.</p> <p>Many free health walks that are held throughout Berkshire. For further details of local health walks please visit the National Walking the Way to Health website www.whi.org.uk For details of your nearest walk simply enter your postcode into the Walk Finder on this websites home page.</p>