

## The Book Prescription Scheme, NHS Fife Psychology Department and ONFife Libraries

### What is the Book Prescription Scheme?

We have selected a number of self help books for local libraries. These are books that can help you to cope with emotional and psychological problems. Many people experiencing such difficulties have found self-help material to be very useful.

### How do I get the books?

The books can be accessed through ONFife Library Services by presenting the tear off prescription (below) issued by your GP or other health professional. If you do this then the self-help book can be borrowed for up to six weeks. Alternatively, you can just go to the library and choose a book yourself, although the borrowing time then would only be three weeks (and you would need to take proof of id to become a library member).

### Do I have to have a library membership to use this service?

You do not need to already be a member of the library but you will be asked to sign a membership form when you first use this service. By joining the library you can also borrow non-prescribed books (you would need proof of id for this).

### Is this service confidential?

Library staff will not disclose information about which books are being borrowed or who is borrowing books. Library staff will treat you with respect.

### What problems can the books help with?

The books we have chosen can help with many problems. The MoodCafe website gives details of all the books. You can also use it to check if the book is available at your local library.

### What if the book I request is not available?

There are several copies of each book in each library branch, however if all copies are out on loan, library staff can order you a copy from another branch.

### What if I want to keep the book longer than 6 weeks?

Simply contact or visit the library and they will extend your loan period. You can phone or visit the onfife.com website to renew your books.

### ONFife Libraries Book Prescription Scheme

I recommend that my patient takes out the **book indicated overleaf** from the Fife book prescription scheme: **And/OR** selects and takes out a book of their choosing from the scheme that is relevant to their mental health.

**Patient name:**

**Address:**

**Postcode:**

**GP Name:**

**Practice Stamp**



## Anger

*Overcoming Anger & Irritability* ✓

*Beating Anger* ✓

## Anxiety & Panic

*Overcoming Anxiety* ✓

*Overcoming Panic,  
Anxiety & Phobias* ✓

*Overcoming Panic* ✓

*Overcoming Social Anxiety  
& Shyness* ✓

*Overcoming Loneliness &  
making friends* ✓

## Assertiveness

*Manage your mind* ✓

*A Woman in your own right* ✓

## Bereavement

*Overcoming Grief* ✓

## Depression

*Overcoming Depression One  
Step at a Time* ✓

*Overcoming Depression &  
Low Mood* ✓

*Mind Over Mood* ✓

*Mindful way through Depression* ✓

## Eating Disorders

*Overcoming Anorexia Nervosa* ✓

*Overcoming Binge eating* ✓

## Health

*It's Not all in your Head* ✓

## Obsessions & Compulsions

*Overcoming Obsessive  
Compulsive Disorder* ✓

*The OCD Workbook* ✓

## PTSD/Trauma

*Overcoming Traumatic Stress* ✓

*Overcoming Childhood Trauma* ✓

## Self Esteem

*Overcoming Low Self-Esteem:  
a self help guide* ✓

*How to Raise Your Self-Esteem* ✓

## Sleeping Problems

*Overcoming Insomnia and  
Sleep Problems* ✓

## Worry

*How to Stop Worrying* ✓

This is just a small selection of the books you may find helpful in your local library. If the book you want isn't on the shelves ask a member of staff to request the book for you.

It's free to join and borrow books.

Visit [www.onfife.com](http://www.onfife.com) to find your local library