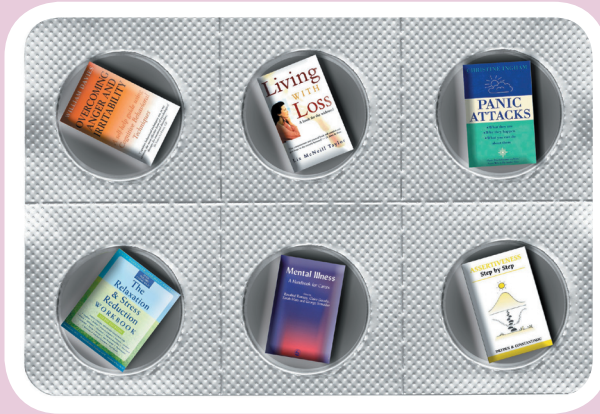


Books on prescription: Guide for Patients and Families

What if the book doesn't help?

If you find that the particular book you've been prescribed is not helping, go back to your doctor and seek further advice. You may need a different book or different approach to your condition.



Can I borrow one of these books without a prescription?

Yes, these books can be borrowed by anyone. The full list is available online at eastsussex.gov.uk/libraries.



Contact a Service

Health in Mind

Advice, information and support for adults
0300 00 30 130
healthinmind.org.uk

Child and Adolescent Mental Health Services

Support for parents, carers and young people
West 01323 446248
East 01424 710110
sussexpartnership.nhs.uk

Sussex Partnership Trust

Specialist mental health, substance misuse and learning disability services
sussexpartnership.nhs.uk

Sussex Mental Healthline

Evening, weekend and Bank Holiday support
0300 5000 101

To contact any library in East Sussex call:

0345 60 80 196 for Enquiries

0345 60 80 195 for Renewals

9am-7pm Monday-Friday

9am-5pm Saturday

eastsussex.gov.uk/selfhelpbooks

If you would like help to understand this document, or would like it in another format or language, please call 0345 60 80 196 or email library.enquiries@eastsussex.gov.uk



What are Books on Prescription?

This scheme is an effective way of helping individuals and families with common mental health issues such as panic attacks, depression, phobias and anxiety.

A range of proven self-help books for adults, parents and young people are recommended by health professionals in East Sussex and are available for everyone to borrow from their local library.



How does it work?

Your GP or other health professional can prescribe a book, which you can borrow, free of charge from your local library.

Alternatively you may like to choose one of the recommended titles yourself. The booklist is available online, by phone and in the library.

Can books really help?

Yes they can. There is first class clinical evidence to show that books can be just as effective as other forms of therapy – with no side-effects.

How long can I have the book?

The normal loan period is three weeks and books can be easily renewed in the library, over the phone or online.



Do I have to be a member of the library?

If you are not already a member you can join the library straight away. Just bring your prescription along or another form of ID. It's free to join the library.

You may want to make the most of your new library card by borrowing other books, DVDs or CDs, or using the free computers and internet. If you have not used the library for a while you may be surprised how much they have to offer.

Is it confidential?

Yes, customer details and book loans are strictly confidential information. Your prescription will be treated with respect and discretion by library staff.

You are always welcome to have someone else pick up your book prescription for you if you prefer.