

Book Prescription

Book Title

Prescribed for

Name:

Address:

Prescribed by

Name:

Signature:

Job Title:

Location:

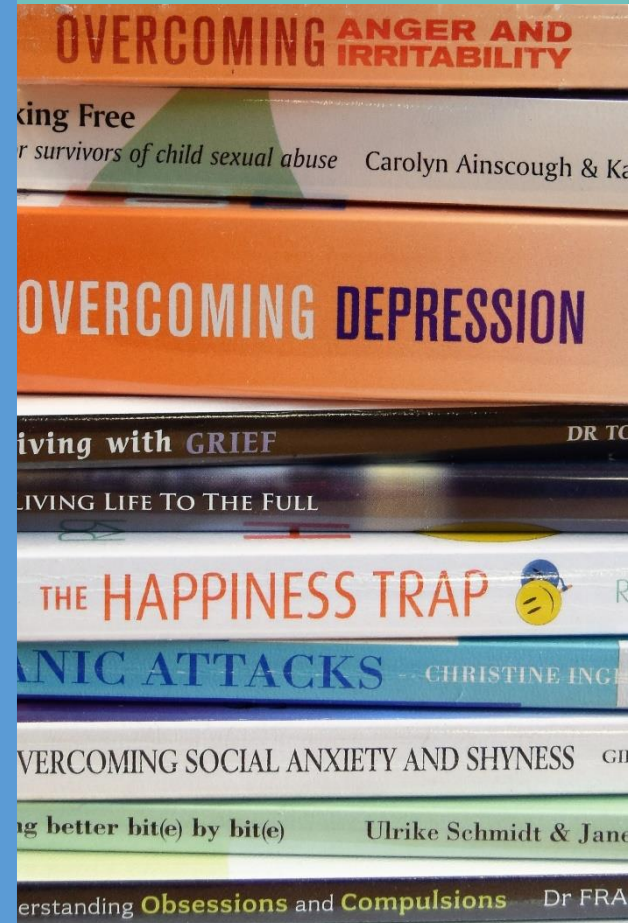
Date

How does it work?

1. Decide which book or topic is most relevant to your problem. You might discuss this with a NHS professional, view the book list online, or browse the books in your local library. You can access the book list by visiting:
www.nhstayside.scot.nhs.uk/bookprescription
2. If you have chosen this book with your GP or other NHS professional in Perth & Kinross, they can complete a **Book Prescription** for you (see overleaf).
3. Find the right book in the **Healthy Minds** section of your local library. If you need help, please ask a member of staff.
4. Borrow the book for up to 6 weeks.
5. Read the book.
6. Please complete the feedback / evaluation form on the back of the book prescription.
7. You can give this to a librarian when you return your book.

Healthy Minds Book Prescription

www.nhstayside.scot.nhs.uk/bookprescription



CULTURE
PERTH & KINROSS

NHS
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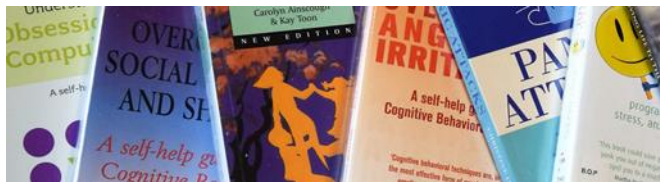
What is a book prescription?

Many self-help books can help people understand emotional problems. Self-help books can also teach skills in how to manage common difficulties such as stress, anxiety and low mood.

NHS professionals and local library services are working together to make it easier to access self-help books for a range of problems. This scheme is called Healthy Minds Book Prescription. It encourages people to use books instead of, or alongside, medication and therapy services.

The books included in the Healthy Minds Book Prescription scheme have been recommended by NHS mental health professionals. General Practitioners (GPs) and other NHS professionals can signpost the books, which are available to borrow from your local library.

The listed books often give useful information and strategies, but they might not work for everyone. After reading some of the resources in the Healthy Minds Book Prescription scheme, you may feel you would benefit from some other support. At this point, we would recommend that you discuss this with your GP.



Who can use the scheme?



Self-help books in the Books on Prescription scheme are available to all library members to borrow, just like any other library book. Anyone who is a member of their local library can use this scheme. In Perth & Kinross if you are registered with a GP Practice, or you are currently receiving care within the NHS, you do not need to be an existing member of the library. You can be enrolled for immediate membership. If the book is already on loan, the libraries will request a copy from another library if available or reserve it for you. Ask at your local library for more information.

Additional Resources:

www.nhstayside.scot.nhs.uk/healthyminds

Feedback / Evaluation

* Please give this to a librarian when you return your book

Title of Book: _____

Were you given a prescription for this book?

Yes ☐ No ☐

Did you find it helpful? (Please circle an option)

Not at all	A little	Very
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Did you find it relevant to your problem?

Not at all	A little	Very
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Did you find it easy to understand?

Not at all	A little	Very
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Do you have any comments about the Healthy Minds Book Prescription scheme?

Would you like any other topics included?
