

Books On Prescription

Well-being



There are a range of mental health and wellbeing services and support available across Warwickshire that can help you to improve your wellbeing and support you during difficult times.

For example:



Warwickshire Wellbeing Hubs provide information, a listening ear, practical support, sign-posting and a range of other services and support.



Books on Prescription are self-help books on a range of topics including dealing with stress, low mood or anxiety.

Mental health can be improved, the first thing is to recognise the problem and seek help.

For further information on mental health and wellbeing services and support in Warwickshire please visit:
www.warwickshire.gov.uk/mentalhealth

Feeling low?

Lying awake worrying?

Feeling stressed?

We all feel like this sometimes...

Self-help books can help!



Reading Well Books on Prescription

How it works:

- Anyone can borrow the books, audio CDs and e-books free from the library
- GPs and health professionals can also prescribe the books
- All BOP books are nationally approved by GPs & health professionals

For full details visit:

www.warwickshire.gov.uk/booksonprescription

or ask at your local library

READING WELL



Warwickshire
County Council

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