



# Reading Well

## Books on Prescription

Mental Health and Wellbeing Service

Countywide



### What does the service offer?

Reading Well Books on Prescription (BOP), developed as a partnership between Public Health and the Library Service, helps people manage their own health and wellbeing through recommended self-help books, audio CDs and e-books. There are resources covering a range of topics including anxiety, depression, stress, chronic fatigue and chronic pain. The BOP collection, which is available from all Warwickshire libraries, has been further extended to include a range of books on Dementia, and collections for adolescents (known as Sorted!), and for younger children (known as Mini-Sorted!).

All BOP books are nationally approved by GPs & health professionals. Resources are available in over 20 Warwickshire libraries for anyone to browse and borrow free of charge (see BOP webpages for libraries with BOP collections). GPs and health professionals can also 'prescribe' titles in the collection. BOP collections are also available to browse in Warwickshire Wellbeing Hubs.

Collections:

- Anger
- Anxiety & Worry
- Bereavement & Dying
- Depression
- Eating Disorders
- Obsessions & Compulsions
- Panic
- Relationships
- Self-esteem & Assertiveness
- Sleep Difficulties
- Stress
- Traumatic Stress
- Smoking

### Recent Updates and good news:

In a small survey of Warwickshire BOP users in 2013, three quarters of respondents 'strongly agreed' that they found the BOP material helpful and 88% of respondents said they would recommend BOP to a friend/family member.

There are now 25 books in the BOP dementia collection. These are categorised in sections:

- Information and advice
- Living Well with Dementia
- Support for relatives and carers
- Personal stories

### Key fact:

In Warwickshire, the employment gap between those with mental health disorders and the overall population is 47.6%, considerably higher than the England figure of 36.0%. (2014, Labour Force Survey)

### Service contact details:

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