

Manchester Public Health Development Service

October 2011

Publications for Mental Health

5 Areas Booklets

These brief and accessible guides address a range of common problems with key points to help resolve them based in cognitive behavioural (CBT) approaches.

We stock nine titles in a series called "Living Life to the Full; Little Books". A reader may find that more than one title together is useful, depending on the problems they are experiencing.

They may also find it useful to use the Living Life to the Full website, a free interactive CBT based programme to help overcome stress, worry and low mood. www.livinglifetothefull.com

For more information about the full five area range of guides, see www.fiveareas.com
For online access, see www.fiveareasonline.com

The titles in stock are:

Why do I feel so bad? Provides insight into the vicious circle that maintains distressing thoughts and behaviours and how to make a start in breaking it.

How to fix almost everything. A four step plan to making a start on your problems when you are feeling low.

Why does everything always go wrong? How to beat bad thoughts that cause bad feelings

I can't be bothered doing anything. Looks again at the vicious circle that maintains our bad feelings and looks at how to make a plan for a way forward.

The things you do that mess you up. How to manage the unhelpful behaviours that can maintain bad feelings.

Are you strong enough to hold you temper? Managing anger.

I'm not good enough. How to overcome low confidence.

I feel so bad I can't go on. How to deal with suicidal feelings.

10 things to make yourself happier straight away. Simple activities to improve wellbeing.

These titles have already proved popular with a wide range of Manchester organisations. They are helpful as aids to face to face discussion with people who need advice on managing negative feelings. 5 Areas publish a guide for practitioners in using these booklets.

See over for details of ordering these booklets from us.

Ordering Copies of 5 Areas Booklets

Copies of the above titles are available free of charge for Manchester organisations who feel they will be useful for those they serve.

Each order will be limited to 20 copies of each title in the first instance.

For those organisations likely to use large volumes we recommend purchase direct from 5Areas or a discussion with us about sharing an order as it is far cheaper to buy in bulk.

We have no delivery system so you will need to collect copies from our offices:

Victoria Mill, Lower Vickers St. Miles Platting. Manchester M40 7LJ. (Ground floor, around the left hand side of the mill).

Sets of these booklets are also available to view and to loan at each branch of Manchester Libraries

Please complete the form below so we can keep a record of where these are used.

We would be grateful for any feedback about how useful you find these booklets and we may contact you to enquire about this.

Title	Number of copies
Why do I feel so bad?	
How to fix almost everything	
Why does everything always go wrong?	
I can't be bothered doing anything	
The things you do that mess you up	
Are you strong enough to hold you temper?	
I'm not good enough	
I feel so bad I can't go on.	
10 things to make yourself happier straight away	

Your name	
Job title	
Organisation	
Address	
Phone	
E-mail	

Other 5 Areas guides

In addition to these titles, you may be interested to view samples of these booklets;

The Worry Box. Four little books to help deal with anxiety and panic.

Reclaim Your Life (from illness, disability, pain or fatigue)

Enjoy Your Baby (how to deal with difficult feelings after birth of your baby)

Fix Your Drinking Problem in 2 Days

Live Longer, Have a Heart Attack (about losing weight)

Stop Smoking in 5 Minutes

I Feel Really Bad, A guide to turning things around. (for people in prison)

You can view these at our offices or at our library (1st Floor, Fallowfield Library, Platt Lane, Manchester M14 7FB. Tel 0161 248 1769)

For any enquiries or for more information, contact Douglas Inchbold, 0161 861 2543

douglas.inchbold@mhsc.nhs.uk . Fax 0161 203 5817

For more information about this service and other publications, see www.mphds.org

For a guide to mental health in Manchester, see www.mhim.org.uk