

Self Help Guides for Mental Health Order Form

Manchester Public Health Development Service

This range of self help guides is distributed free to Manchester organisations. Many of the guides are written as workbooks based on cognitive behavioural techniques that are effective for self help. All guides have information about local sources of help. The guides on depression and on anxiety are available in translation in booklet format and as audio CDs English versions.

Please also see order form for 5 Areas (Living Life to the Full) Guides

Name:

Title:

Organisation:.....

Address:

Tel No: **Email:**

Mental Health Leaflets are available for collection from: MPHDS, Victoria Mill, Lower Vickers Street, Miles Platting, Manchester M40 7LJ (*please complete the forms to record what you have taken and return to Douglas Inchbold at this address*)

Tel: 0161 861 2546 Fax: 0161 203 5817

We may contact you again to discuss your use of the guides as part of an evaluation of their distribution.

All our guides, and others not listed here, are available to download at: www.mphds.org

Information about mental health is available at: www.mhim.org.uk
(This includes access to further information in translations).

Self Help Guides	Quantity Required
Depression & Low Mood	Out of stock
Depression & Low Mood (Audio CD)	
Depression & Low Mood (in Arabic)	
Depression & Low Mood (in Bengali)	
Panic	Out of stock
Stress & Anxiety	Out of stock
Stress & Anxiety (Audio CD)	
Stress & Anxiety (in Arabic)	
Stress & Anxiety (in Urdu)	
Controlling Anger	
Shyness & Social Anxiety	
Sleep Problems	
Bereavement	
Post Traumatic Stress	
Obsessions & Compulsions	
Understanding Voices and Disturbing Beliefs	
Post Natal Depression	
Living with Long Term Physical Health Conditions	
Food and Mood	
Physical Activity and Mood	

Information Leaflets	Quantity Required
A Guide to Dementia for people with dementia and their carers	
Your Emotional Well-being in Pregnancy – a brief guide	
Counselling Services in Manchester- single sheet listing contacts	