

## Self Help Resources – Workbooks & Online Courses

**Northumberland, Tyne and Wear NHS Foundation Trust** has produced self-help guides that cover a range of mental health issues, from the common problems of stress and sleeping problems to abuse and hearing voices.

[www.ntw.nhs.uk/pic/selfhelp/](http://www.ntw.nhs.uk/pic/selfhelp/)

**Centre for Clinical Interventions** workbooks and information on assertiveness, worry, self-esteem, social anxiety, eating disorders, perfectionism, procrastination, emotional regulation & depression.

[www.cci.health.wa.gov.au/resources/consumers.cfm](http://www.cci.health.wa.gov.au/resources/consumers.cfm)

**Moodgym** is an interactive programme designed to teach cognitive behavioural therapy skills to prevent and manage symptoms of depression, generalised anxiety and social anxiety.

[www.moodgym.com.au/](http://www.moodgym.com.au/)

Moodgym is also available in Chinese, Dutch, Finnish and Norwegian at

[www.legacy.moodgym.com.au/welcome](http://www.legacy.moodgym.com.au/welcome)

The German Moodgym is available at [www.moodgym.de](http://www.moodgym.de)

**Moodjuice** provides self-help guides on a range of topics including anxiety, depression, phobias, OCD, sleep, stress, pain and assertiveness

[www.moodjuice.scot.nhs.uk/](http://www.moodjuice.scot.nhs.uk/)