

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/

Centre for Clinical Interventions workbooks and information on a range topics including assertiveness, depression, disordered eating, health anxiety, perfectionism, procrastination, sleep, social anxiety and worry.

www.cci.health.wa.gov.au/resources/consumers.cfm

Big White Wall is an anonymous digital mental health and well-being service.

<https://register.bigwhitewall.com/?language=EN>

This service provides 24/7 online peer and professional support, with trained staff and it is totally anonymous. There is also a range of online courses and well-being tools to help you to self-manage your mental well-being. You need to enter your Bangor University email address to gain free access to the service.

Moodjuice has searchable resources to organizations and services, books, information leaflets, self-help guides and downloads on a specific mental health condition.

www.moodjuice.scot.nhs.uk/

IAWN – in Welsh – has online resources and information on mental health issues to enable people to self-help.

www.iawn.wales.nhs.uk/hafan

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