

Patient Information Leaflet

The Adam Practice

Hamworthy Surgery, 306 Blandford Road, Hamworthy,
BH15 5JQ. Tel: 01202 679234

Poole Surgery, 117 Longfleet Road, Poole, BH15 2HX
Tel: 01202 676111

Upton Surgery, Upton Cross, Poole, BH16 5PW
Tel: 01202 622339

Heath Cottage Surgery, 40 High Street, Lychett Matravers,
BH16 6BG. Tel: 01202 632764

Website: www.adampractice.co.uk

Email (for all sites): theadam.practice@dorset.nhs.uk



THE ADAM PRACTICE

Mental Wellbeing Self-Help for Adults & Children

For further information visit

www.nhs.uk or www.patient.co.uk

INTRODUCTION

If you have been struggling with low mood, anxiety, stress, low self-esteem or other mood issues, there are a number of things which can be of help.

This leaflet outlines where to find more information about Self-Help strategies.

WEBSITES

Moodgym—www.moodgym.anu.edu.au

This is an Australian website, with FREE online self guided Cognitive Behavioural Therapy (CBT). It is useful for low mood, anxiety and stress, coping techniques and breaking unhelpful thought patterns. Designed to be used for around 1 hour per week with homework between times. The UK equivalent website is Beating the Blues (www.beatingtheblues.co.uk (£50))

Headspace—www.headspace.com (also an app)

This help to train your mind in mindfulness meditation. The first ten sessions are free, with an option to continue if you find it helpful.

Moodjuice—www.moodjuice.scot.nhs.uk

This is a useful website that acts as a portal to other sites and support, as well as offering helpful information.

Other Informational Websites

- **Dorset Mental Health Forum**
www.dorsetmentalhealthforum.org.uk
- **Dorset Mind**
www.dorsetmind.uk
- **Northumberland Tyne and Wear NHS Foundation Trust**
www.ntw.nhs.uk/pic/self help
- **Patient UK**
www.patient.info

BOOKS

'Finding Peace in a Frantic World' - Mark Williams & Danny Penman

Mindfulness 8 week programme with audio guided meditations (CD with paper book or Audible eBook)

(PTO)

(Cont.)

'Mindfulness for Health' - Vidyamala Burch & Danny Penman

Mindfulness meditation, but focuses on health issues and managing pain. Very helpful for chronic pain conditions that affect mood and wellbeing.

'Mind Over Mood' - Dennis Greenberger & Christine Padesky

Self-guided CBT. This book can also be used with a therapist. It contains exercises and techniques to work through.

'Overcoming' - various authors

Series of books with various titles including Overcoming Depression, Overcoming Anxiety, Overcoming Low Self Esteem, and many more.

'Sane New World' and 'Mindfulness for the Frazzled' - Ruby Wax

Humorous books that take a look at mental wellbeing and basics of mindfulness.

COUNSELLING

Steps 2 wellbeing (0300 1231120)

Local general counselling service for low mood/anxiety/PTSD/phobias

Cruse – (01202 302000 or 0808 808 1677)

Specialist Bereavement counselling

YOUNG PEOPLE & CHILDREN / HELP FOR PARENTS & GUARDIANS

Most of the general self help information outlined in this leaflet so far, is suitable for children and young people. However, there are also some resources aimed specifically at this group.

WEBSITES

Charlie Waller Memorial Trust—www.cwmt.org.uk

Information leaflets on asking for help, managing depression and self harm

Where's Your Head At? - www.wheresyourheadat.co.uk

Local Dorset website with information and support for children/teens and parents.

(PTO)

(Cont.)

Bullying—www.bullying.co.uk

Information for young people and parents/carers on coping with bullying and pressures at school, in person or online.

Young Minds—www.youngminds.org.uk

Mental Health charity with information on all aspects of mental health and wellbeing including information on conditions and medication, as well as guidance on looking after yourself, mental health activism and helping others.

Anxiety UK—www.anxietyuk.org.uk/about-anxiety/young-people-and-anxiety

BOOKS

Constipation—‘Guido and the Naughty poo’

Mindfulness—‘Mindful Monkey Happy Panda’

Anxiety—‘You’ve got Dragons’

Bereavement

- ‘Badgers Parting Gifts’ – Susan Varley
- ‘Always and Forever’– Alan Durant
- ‘The Sad Book’ – Michael Rosen

COUNSELLING

Number 18— www.upinpoole.co.uk (01202 262291)

Local counselling service for young people as well as links to other resources and other services such as family planning etc.

Mosaic —www.mosaicfamilysupport.org.uk (01258 837071)

Specialist bereavement counselling for children and young people

The content provided in this leaflet is for information purposes only.. Information obtained in this leaflet is subject to personal interpretation and can become obsolete, thus accuracy cannot be guaranteed. Please consult your own healthcare provider regarding any medical issues. Last updated May 2017