

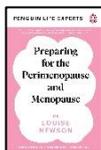


## Your Health Collection

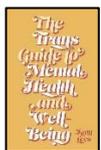
Health Education England (NHS) and The Reading Agency have worked in partnership to bring together this new list entitled, to support users of health and prison libraries to understand and manage their health. The collection was chosen by those working in healthcare, health information and knowledge and library specialists working in the NHS, in prisons, in public health and in Higher Education.

**These ten books, and other self-help books are available to borrow from the Library's *Reading Well* collection**

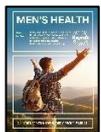
### Books



Preparing for the Menopause and Perimenopause by Dr Louise Newson (2021)



The Trans Guide to Mental Health and Wellbeing by Katy Lees (2022)



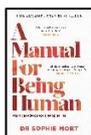
Men's Health: All You Need to Know in One Concise Manual by Jim Pollard (2020)



The Natural Health Service: How Nature Can Mend Your Mind by Isabel Hardman (2020)



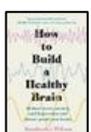
The book about getting older (for people who don't want to talk about it) by Dr Lucy Pollock (2021)



A manual for Being Human by Dr Sophie Mort (2021)



Chronic Pain Management: Your two-part plan for understanding pain and finding relief by David Walton (2021)



How to Build a Healthy Brain: Reduce stress, anxiety and depression and future-proof your brain by Kimberley Wilson (2020)



It's Not Ok to Feel Blue (and other lies) by Scarlett Curtis (2019)



Recovery: The Lost Art of Convalescence by Dr Gavin Francis (2022)

## Digital Resources: Better Health

All the online tools listed below are free to access. They include websites, podcasts, and YouTube clips.

You will find information on how to prepare for a health consultation, easy read health resources on a range of health conditions, personal stories about what it's like to live with a health condition and living well with long-term health conditions.

- **The NHS App.** A simple and secure way to access a range of NHS services on your smartphone or tablet.  
[www.nhs.uk/nhs-app](http://www.nhs.uk/nhs-app)
- **NHS: What to ask your doctor.** Checklist of questions to ask your doctor before, during and after an appointment.  
[www.nhs.uk/nhs-services/gps/what-to-ask-your-doctor/](http://www.nhs.uk/nhs-services/gps/what-to-ask-your-doctor/)
- **NHS: Better Health.** Tools and support to help people make healthy changes.  
[www.nhs.uk/better-health/](http://www.nhs.uk/better-health/)
- **NHS: Better Health – Lose Weight.** Weight loss plan to support people develop healthier eating habits, become more active and lose weight.  
[www.nhs.uk/better-health/lose-weight/](http://www.nhs.uk/better-health/lose-weight/)
- **Spark & Co.** This organisation provides support and information for people of colour on a range of topics, including health and wellbeing.  
[sparkandco.co.uk/](http://sparkandco.co.uk/)
- **Patient: Health Information you can trust.** Clinical information, written and reviewed by an extensive network of doctors and healthcare professionals, helps people to feel better and live longer.  
[patient.info/](http://patient.info/)
- **Balance: menopause library.** Contains articles, podcasts and videos. Now certified by the leading digital health organisation, ORCHA, who review and approve health apps for the NHS and multiple national health bodies around the world.  
[balance-menopause.com/menopause-library](http://balance-menopause.com/menopause-library)
- **NHS Services.** Details of how to access NHS services  
[www.nhs.uk/nhs-services/](http://www.nhs.uk/nhs-services/)

- **NHS: Health A-Z and Medicines A-Z.** Health A-Z provides a complete guide to conditions, symptoms and treatments, including what to do and when to get help. Medicines A-Z provides information on how medicines work, how and when to take them, side effects and answers to common questions.  
[www.nhs.uk/](http://www.nhs.uk/)
- **NHS: Better Health – Stop Smoking.** Provides support and signposting to help people stop smoking.  
[www.nhs.uk/better-health/quit-smoking/](http://www.nhs.uk/better-health/quit-smoking/)
- **NHS: Better Health – Every Mind Matters.** Advice and practical tips to help people look after their mental health and wellbeing.  
[www.nhs.uk/every-mind-matters/](http://www.nhs.uk/every-mind-matters/)
- **Easy Health.** Easy to read resources on a range of health conditions.  
[www.easyhealth.org.uk/pages/easy-read-health-leaflets-and-films](http://www.easyhealth.org.uk/pages/easy-read-health-leaflets-and-films)
- **St John’s Ambulance: First Aid.** Easy to follow advice on a range of first aid scenarios, also website includes further information.  
[www.sja.org.uk/get-advice/](http://www.sja.org.uk/get-advice/)

## Digital Resources: Live Well

- **NHS: Live Well – Sleep and Tiredness.** Information, support and signposting on managing sleep and tiredness.  
<https://www.nhs.uk/live-well/sleep-and-tiredness/>
- **NHS: Live Well – How to get to sleep.** Information and support on getting to sleep.  
[www.nhs.uk/live-well/sleep-and-tiredness/how-to-get-to-sleep/](http://www.nhs.uk/live-well/sleep-and-tiredness/how-to-get-to-sleep/)
- **NHS: Live Well – Eat Well.** Healthy eating advice for the general population.  
[www.nhs.uk/live-well/eat-well/](http://www.nhs.uk/live-well/eat-well/)
- **NHS: Healthier Families – Food Facts.** Information and resources to support people make healthy food choices.  
[www.nhs.uk/healthier-families/food-facts](http://www.nhs.uk/healthier-families/food-facts)
- **NHS: Live Well – Exercise.** Physical activity guidelines for adults aged 19-64.  
[www.nhs.uk/live-well/exercise/](http://www.nhs.uk/live-well/exercise/)
- **Carers UK.** Information and advice to support carers, including asking for help, finances, practical support and health.  
[www.carersuk.org/help-and-advice](http://www.carersuk.org/help-and-advice)
- **NHS: Mental Wellbeing Audio guides.** Mental wellbeing audio guides to boost mood.  
[www.nhs.uk/mental-health/self-help/guides-tools-and-activities/mental-wellbeing-audio-guides/](http://www.nhs.uk/mental-health/self-help/guides-tools-and-activities/mental-wellbeing-audio-guides/)
- **RCPsych: Problems and Disorders.** Information for patients, carers, family and friends relating to support, care and treatment.  
[www.rcpsych.ac.uk/mental-health/problems-disorders](http://www.rcpsych.ac.uk/mental-health/problems-disorders)

- **Health Talk: stories of health experiences.** Real stories, collected by researchers to share information and personal stories about what it's like to live with a health condition.  
[healthtalk.org/](http://healthtalk.org/)
- **Terence Higgins Trust.** Information and advice on good sexual health, including trans and non-binary sexual health.  
[www.tht.org.uk/hiv-and-sexual-health/sexual-health](http://www.tht.org.uk/hiv-and-sexual-health/sexual-health)
- **Independent Age: Living Well with long-term health conditions.** Information and advice on living well with long-term conditions.  
[www.independentage.org/get-advice/living-well-long-term-health-conditions](http://www.independentage.org/get-advice/living-well-long-term-health-conditions)
- **Age UK.** Information and advice on a range of topics affecting older people (over 60s).  
[www.ageuk.org.uk/information-advice/](http://www.ageuk.org.uk/information-advice/)
- **NHS: Live Well – Self Help Tips to Fight Tiredness**  
[www.nhs.uk/live-well/sleep-and-tiredness/self-help-tips-to-fight-fatigue/](http://www.nhs.uk/live-well/sleep-and-tiredness/self-help-tips-to-fight-fatigue/)
- **The Sleep Charity.** The Sleep Charity provide advice, support and information to empower people to sleep better. Information catering for adults, children and professionals available, along with helpful support organisations and link to a helpline.  
[thesleepcharity.org.uk/information-support/adults/sleep-hub](http://thesleepcharity.org.uk/information-support/adults/sleep-hub)
- **NHS: Live Well – Alcohol Support.** Information and support with alcohol facts, advice and support.  
[www.nhs.uk/live-well/alcohol-support/](http://www.nhs.uk/live-well/alcohol-support/)
- **NHS: Get active with a disability.** A guide to getting active if you have a disability or long-term health condition.  
[www.nhs.uk/live-well/exercise/get-active-with-a-disability/](http://www.nhs.uk/live-well/exercise/get-active-with-a-disability/)
- **NHS: Couch to 5K.** A week-by-week description of the 9-week set of Couch to 5K podcasts.  
[www.nhs.uk/live-well/exercise/couch-to-5k-week-by-week/](http://www.nhs.uk/live-well/exercise/couch-to-5k-week-by-week/)
- **Mind: Information and Support.** Information and support for those affected by a mental health problem, including different conditions, helping others and tips for everyday living.  
[www.mind.org.uk/information-support/](http://www.mind.org.uk/information-support/)
- **Blurt.** Signposting to organisations that can support people experiencing mental health difficulties.  
[www.blurtitout.org/get-support](http://www.blurtitout.org/get-support)
- **Scope.** Free independent and impartial advice and support for disabled people and their families.  
[www.scope.org.uk/advice-and-support/](http://www.scope.org.uk/advice-and-support/)
- **Switchboard – LGBT+ helpline.** A safe space for anyone to discuss anything, including sexuality, gender identity, sexual health and emotional well-being.  
[switchboard.lgbt/](http://switchboard.lgbt/)

- **Alzheimer's Society: The Memory Handbook (A practical guide to living with memory problems).** Practical support and information to help those living with mild memory problems.  
[www.alzheimers.org.uk/get-support/publications-and-factsheets/memory-handbook](http://www.alzheimers.org.uk/get-support/publications-and-factsheets/memory-handbook)



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website: <http://www.knowledge-nw.nhs.uk>