

## For more information contact:

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Or

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Or access the Books on Prescription web page:  
[www.westlothianchcp.org.uk/bop/](http://www.westlothianchcp.org.uk/bop/)

**The Big Plus**  
**0808 100 1080**

To get better at reading, writing or using numbers,  
call this number and you will be put in touch with  
someone who will help you to do this in West Lothian.

**West Lothian Community Health and Care Partnership**  
[www.westlothianchcp.org.uk](http://www.westlothianchcp.org.uk)

**Customers with special requirements**

Information is available in Braille, tape, large print and community languages.  
Please contact the interpretation and translation service on 01506 775000

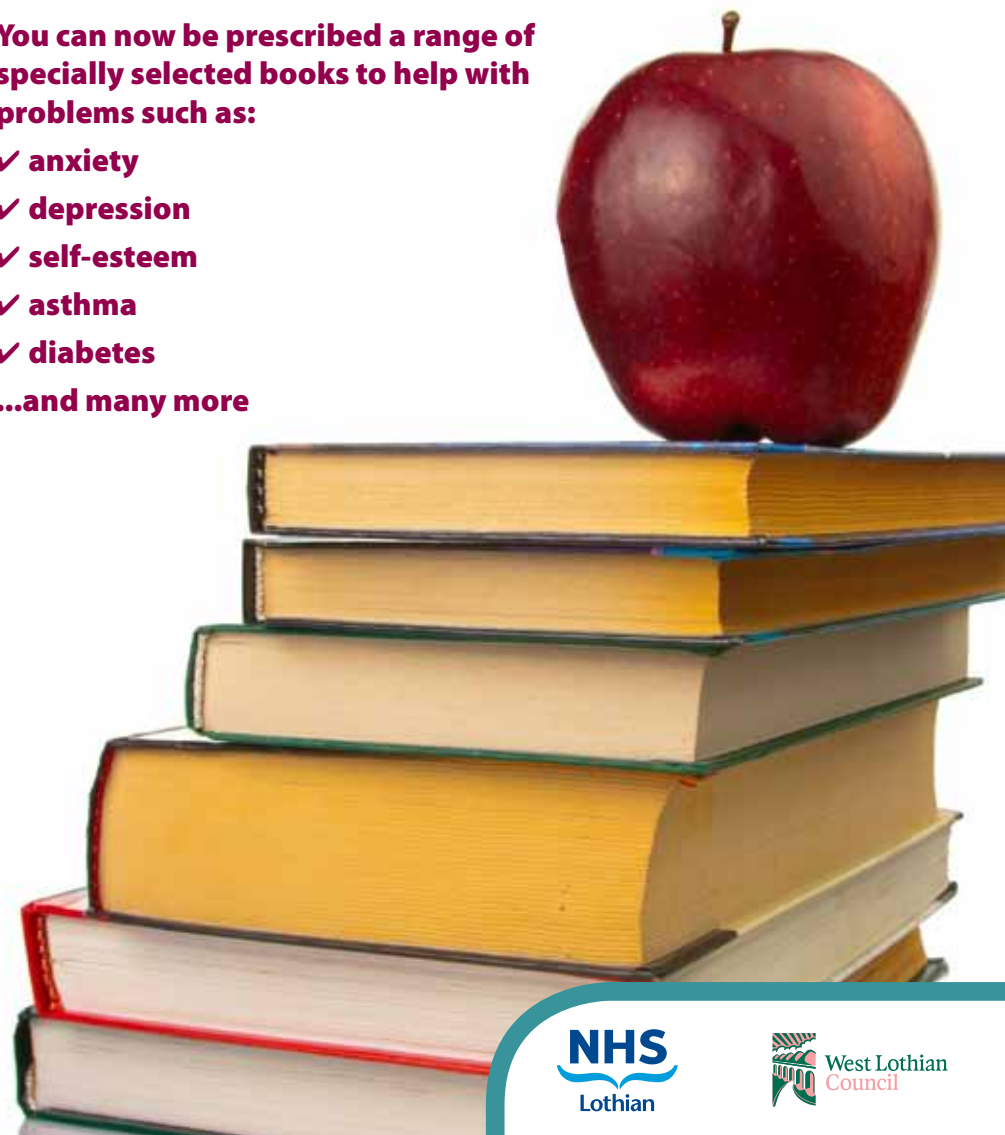
# West Lothian

[westlothianchcp.org.uk/bop](http://westlothianchcp.org.uk/bop)

# Books on 'Prescription'

You can now be prescribed a range of  
specially selected books to help with  
problems such as:

- ✓ anxiety
  - ✓ depression
  - ✓ self-esteem
  - ✓ asthma
  - ✓ diabetes
- ...and many more



**NHS**  
Lothian

 West Lothian  
Council

## What is Books on 'Prescription'?

The books recommended by professionals for books on 'prescription' have a focus on information and self-help, helping people to understand their difficulties and to make positive changes in their lives. Some of these books can also be helpful for relatives, friends and carers to read to increase their understanding of a particular difficulty.

Whilst information and self-help can be very beneficial they may not be sufficient in some situations. If there is no improvement or things get worse after trying the strategies in the book, seek help from a trained professional such as a GP or nurse.

Every library across West Lothian (including the mobile libraries) has copies of the recommended books.



## How to obtain a Book on 'Prescription'

### ✓ **West Lothian Libraries**

Go along to your local library and look for the Books on 'Prescription' section.

### ✓ **Online**

Look at the information online and view the books available.

Website address is

[www.westlothianchcp.org.uk/bop](http://www.westlothianchcp.org.uk/bop)

### ✓ **Doctor/Nurse recommendation**

Your doctor or nurse may recommend Books on 'Prescription'.

You do not need a prescription but you may be given advice about going to a library or visiting the website.

## Who can use Books on 'Prescription'?

Reading Levels : the levels described for the books are based loosely around the reading ages reported for each book relative to the others and the national average reading age and are intended as a guide only.

Some of the books available are suitable for people who require easier-to-understand materials and for children.

## What books are available?

### ✓ **Mental Health**

Anxiety, Depression, Self-Esteem, Panic, Obsessive Compulsive Disorder (OCD), Post Traumatic Stress Disorder (PTSD), Self harm, Suicide.

### ✓ **Children's Services**

Bereavement, Child and adolescent mental health (incl. ADHD, Autism/Aspergers)

### ✓ **Long Term Conditions**

Lung conditions (COPD/Asthma), Diabetes, Heart conditions and Stroke.

### ✓ **Continence**

### ✓ **Physiotherapy**



Feedback from one patient:

**'Overcoming low self esteem'**

- "Excellent book – really helped me understand what was behind how I've reacted to things in the past and how I can change this in the future".

Dr James McCallum (GP) said:

**"This is a fabulous opportunity for everybody to make the best use of local community amenities. Whilst prescribing of medication remains important, the value of knowing more about your own conditions and understanding ways to help yourself are fundamental to long-term recovery. "**