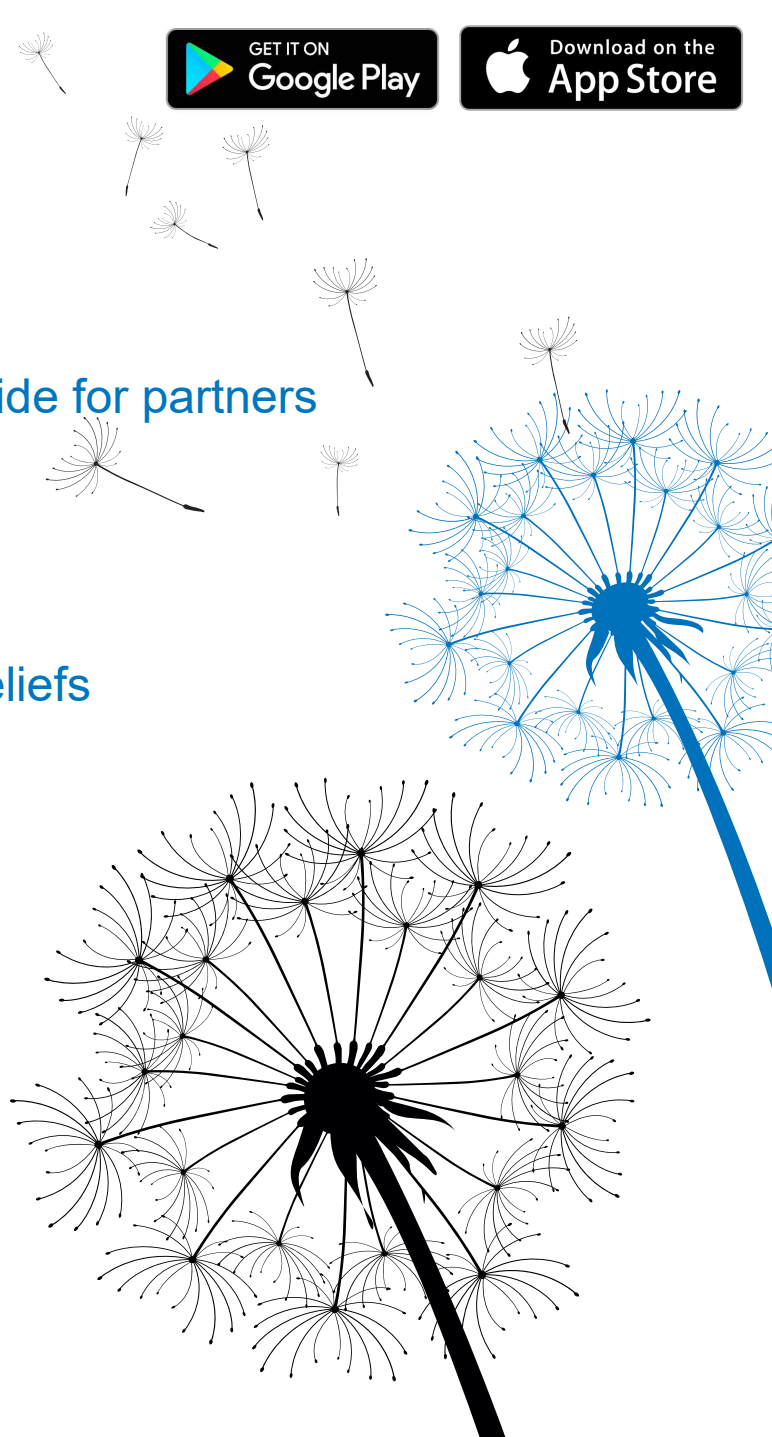


Mental Health Self Help Guides

NHS

Cumbria, Northumberland,
Tyne and Wear
NHS Foundation Trust

- Abuse
- Alcohol and You
- Anxiety
- Bereavement
- Controlling Anger
- Depression and Low Mood
- Depression and Low Mood - a guide for partners
- Domestic Abuse
- Eating Disorders
- Food for Thought
- Health Anxiety
- Hearing Voices and Disturbing Beliefs
- Obsessions and Compulsions
- Panic
- Post Traumatic Stress
- Postnatal Depression
- Self Harm
- Social Anxiety
- Sleeping Problems
- Stress
- **Plus** 3 guides for prisoners
 - Anxiety
 - Depression and Low Mood
 - Post Traumatic Stress



www.cntw.nhs.uk/selfhelp

Also available in BSL, easy read and audio format

