

## Books on Prescription in York

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## Books on Prescription in York

### Customer Guide



Feeling low?  
Lying awake worrying?  
Feeling stressed?

We all feel like this sometimes...

**Self-help books can help!**

## What is Books on Prescription (BOP)?

Everybody experiences a time in their life when they need some extra emotional support. Your GP or counsellor may have introduced you to Books on Prescription as part of your wellbeing journey. This leaflet will explain how books from your local library can help you improve your mental health.

## How it works?

- You are given a book prescription by your GP or health professional.
- The books are available to borrow free of charge from your local library.
- Take this to your local library, where staff will help you find the book.
- The BOP books can be obtained at any library in York, including the mobile libraries and home library service.
- If you are not already a member of the library you can join immediately and take the book/s home.
- Books are issued for 3 weeks and can be easily renewed. You can do this by visiting your library or online at [exploreyork.org.uk](http://exploreyork.org.uk)
- The recommended books are on display in 7 libraries which are listed in the table on the back page.

## The books

- The books follow a self-help approach, enabling you to learn more about and manage the issues you have discussed with your GP or counsellor, through step-by-step practical activities.

- Like all self-help methods, they may need some effort to read and to follow the practical activities.
- Please do not write in the books themselves, so that others using the library can make use of them after you.

## Can books really help?

- Yes, there is good evidence from The National Institute for Clinical Excellence that books do help people with emotional problems.
- The self-help books have been selected by health professionals. They are high quality and they have been tried and tested, and found to be useful by others.

## Is the service confidential?

- Books on Prescription is a completely confidential service. Library book loans and borrower details are treated as strictly confidential information.

## What if the book doesn't help?

- We know that the books on the list do often prove useful, but they may not be effective for everyone.
- If this happens, you should go back to your GP or health professional who prescribed the book. They will probably want to see you anyway to review your treatment and discuss options for further treatment.

