Healthy Reading

We've got it at your local library

BOOKS | INTERNET | HISTORY | PHOTOS | DVDS | MUSIC

Life can be hard

- up to 1 in 5 adults have problems coping with daily life

Common signs of stress can include…

…anger… anxiety…being tearful…feeling irritable…feeling worthless…avoiding doing things…feeling on edge…poor concentration…

Healthy reading

collections cover topics such as:

- anxiety
- bereavement
- confidence
- depression
- eating problems
- self-esteem
- stress and relaxation

NHS Dumfries & Galloway

www.dumgal.gov.uk

Dumfries & Galloway COUNCIL

Self-help is available for you from local libraries...

- local libraries across Dumfries and Galloway now offer easy access to a range of self-help books designed to help you cope with everyday issues such as mild stress, anxiety and depression
- the books in the collections have been chosen because people who have used them before have found them helpful
- the books provide simple step-by-step approaches to encourage you to think about the way that your thoughts, feelings and behaviour impact on your well-being. This may help you to learn more about and manage your health problems
- collections will be based in libraries in Castle Douglas, Dumfries (Ewart) and Stranraer, although you can borrow the books through any local library
- the service couldn't be easier to use – simply join the library and take the books away immediately

At your local library you can get access to a selection of leaflets recommended by healthcare professionals and free broadband access to the internet where you can browse websites to help and support you.

For more information about **Healthy Reading**
please contact your local library or log on to

www.dumgal.gov.uk/lia

BOOKS	INTERNET	HISTORY	PHOTOS	DVDS	MUSIC

Ewart Library, Catherine Street, Dumfries. DG1 1JB
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