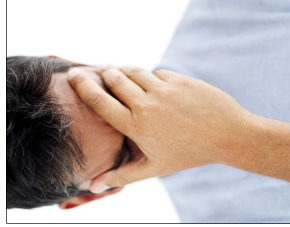


## Life can be a challenge



Up to 1 in 4 adults in Scotland find it difficult to cope with daily life.

Experiencing stress and anxiety, low mood and depression, affects the way we feel about ourselves and others.

Communicating with others, being outgoing and socially active becomes a hard task.

### Signs of stress may include

**Constant tiredness** — **Worry** — **Poor sleep** — **Restlessness** — **Panic** — **Avoid doing things** — **Feeling worthless** — **Drinking too much** — **Waiting for the worst to happen** — **Anger** — **Tearful** — **Feeling on edge** — **Lack of energy** — **Feeling hopeless** — **Can't switch off** — **Poor concentration.....and many more**

## How can I find the books?



The Healthy Reading book collection will be placed in a designated area of the Westhill Library. Just look out for the Healthy reading logo.

## Which topics will the books cover?



Here are some of the issues the books will address:

Addiction, Anxiety, Assertiveness, Bereavement, Caring, Confidence, Chronic Fatigue, Depression, Eating Problems, Healthy Living, Obsessions and Compulsions, Parenting, Phobias, Relationships, Relaxation, Self Esteem, Self Harm, Sleep Problems, Stress, Trauma ....and many more.

## Healthy Reading helps

Healthy Reading is based at Westhill library and offers easy access to a range of self help books which can help you tackle issues such as stress, anxiety and depression.

This self help information has been chosen because people who have used it before found it helpful.

The books provide simple step-by-step guides to encourage you to think about the way that your thoughts, feelings and behaviour impact on your emotional well-being. This may help you to learn more about and manage your health problems.

You can access Healthy Reading simply by joining the library and borrowing the book(s) you are interested in. Your GP or any other health or social care practitioner will also be able to direct you to Healthy Reading and can recommend a book for you. The library staff can provide you with a book list and details of the availability of books.



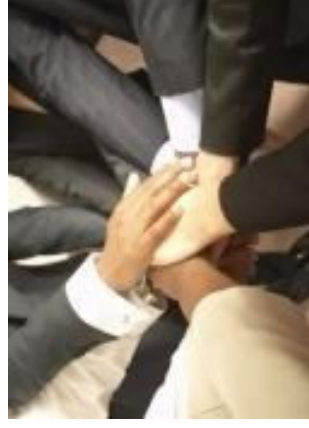
## Is this service confidential?

The librarians will treat all your enquiries with confidentiality and will not disclose any information about who is borrowing the books.

## Is Healthy Reading for me?

If you or someone close to you is having difficulty coping with life and is keen to increase their well being then this scheme is for you. The books are based on a self-help approach so the aim is to provide you with information and strategies to achieve and maintain emotional and psychological well being. Should you find that this approach has not improved your situation we recommend that you speak with a health professional (GP, health visitor, practice nurse) to discuss other services that are available to you.

Don't suffer in silence. Healthy Reading gives you information and tools to improve your life.



Westhill Healthy Reading was initiated by a partnership between Westhill Community Forum on Mental Well Being, South Aberdeenshire Local Community Healthcare Partnership, Westhill Library and the Westhill Project (Mental Health Aberdeen).

Westhill Healthy Reading is funded through the South Aberdeenshire Health Improvement Fund.

### For further information on Westhill Healthy Reading contact

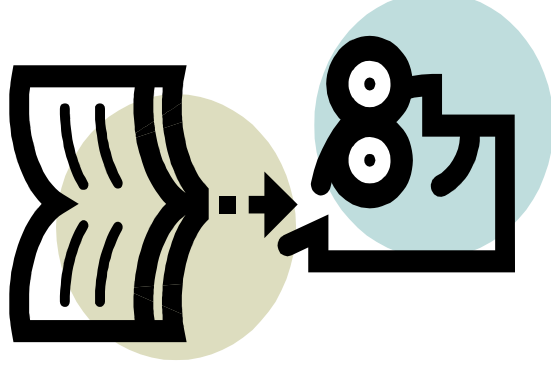
**Westhill Library**  
**Hays Way, Westhill AB32 6SZ**  
**phone 01224 741312**  
**[Westhill.lib@aberdeenshire.gov.uk](mailto:Westhill.lib@aberdeenshire.gov.uk)**

or

**The Westhill Project (MHA)**  
**phone 01224 594099**  
**mobile 07854922252**  
**[tanja@mhberdeen.org.uk](mailto:tanja@mhberdeen.org.uk)**

# Westhill

## Healthy Reading



**Available at Westhill Library,  
Hays Way (behind  
Academy), Westhill**

### Opening Hours:

**Mon 2-7.30**

**Tue 10-12; 2-5**

**Wed closed**

**Thu 10-12; 2-7.30**

**Fri 2-5**

**Sat 9.30-12.30**