

MORECAMBE BAY NHS

PRIMARY CARE TRUST

Barrow & South Lakes Area - Resource Pack (Long Version)

Compiled by the
Barrow Primary Care Mental Health Team
(2001-2002)



(www.visitcumbria.com/mapindex.htm, 2001)

This long version of the resource pack has been produced by Jannett Dillon, Principal Psychological Therapist; Catherine O'Callaghan, Assistant Psychologist; and Clare Jefferson, Assistant Psychologist for the Barrow Primary Care Mental Health Team. The copyright is owned by the Psychology Department and the pack may not be photocopied except under the conditions stated in the "How To Use This Pack" portion of the Resource Information page.

BARROW & SOUTH LAKES AREA - RESOURCE PACK

RESOURCE INFORMATION

How To Use This Pack

- This pack has been prepared by the Psychology Department for the use of the Primary Care Mental Health Team, General Practitioners and other services involved in primary care.
- It is intended to be an index of available resources for mental health problems including books, leaflets, tapes, videos, local and national organisations, internet resources, extracts from the Mental health Handbook (Powell, 2000) and Primary Care Mental Health Protocols. The materials are not specifically recommended by the Psychology Department or the Primary Care Mental Health Team, the pack is merely a guide as to what is available.
- The pack has a summary of contents at the front. The topics are then organised alphabetically.
 - e.g. 1. Abuse - domestic/physical violence
 - 2. Abuse - sexual
 - 3. Addictions - alcohol
 - 4. Addictions - drugs
- Each topic is then subdivided into the following categories:
 - 1.1 Worker resources
 - 1.2 Client resources
 - 1.3 Contact information for national organisations/support groups
 - 1.4 Contact information for local organisations/support groups
 - 1.5 Internet resources
 - 1.6 Family and carer resources
- Each category is then subdivided into:
 - (a) Books
 - (b) Leaflets
 - (c) National organisations / support groups
 - (d) Local organisation / support groups
- Additionally, some categories may be further divided into tapes, videos, CD-ROMs, newsletters and pen friend networks.
- This information includes the prices of the items, ISBN numbers (where applicable) and any feedback we have received about items. **NB THIS FEEDBACK IS BASED ON COMMENTS RECEIVED FROM CLIENTS AND PROFESSIONALS AND SHOULD NOT BE SEEN AS THE VIEW OF THE PSYCHOLOGY DEPARTMENT OR THE PRIMARY CARE MENTAL HEALTH TEAM.**
- Professionals or clients may wish to photocopy certain sections of the pack such as the contact details of organisations that they would find useful. This is acceptable.
- The information about national and local organisations was up to date when this pack was produced however, the pack will be reviewed and updated.
- No parts of the pack can be changed. Any feedback is welcome and will be taken into consideration when the pack is updated. If there are resources that are not currently included in the pack, but which are useful, please contact any member of the Primary Care Mental Health Team at Duddon House in Barrow.

Where To Find The Resources Contained In The Pack

- Books & Tapes
 - Local libraries
 - Local bookstores
- Leaflets
 - The organisation who produced the leaflets
 - Health Promotion, 3 Prospect Road, Barrow-in-Furness, LA13 9AA,
 - Tel: (01229) 833004
 - Health Promotion, 1 Weavers Court, Westmoreland General Hospital, Kendal, LA9 7RG,
 - Tel: (01539) 721304
- Internet Access
 - Some local libraries have internet facilities that members can pay for, to use

Acknowledgements

The 'Help Is Here' directory for Barrow is an index of organisations that provide help and support for adults with mental health problems, their families and carers. The 'Mental Health Directory' for Kendal and South Lakes is a directory of organisations for people with mental health problems and their carers. Both of these have been invaluable sources of information. It is important to note that they are separate resources from the Barrow & South Lakes Area - Resource Pack; as such each pack will be updated individually as arranged by the organisations who produced them.

Copies of 'Help Is Here' can be obtained from the Furness Mental Health Liaison Group c/o Duddon House, Fairfield lane, Barrow-in-Furness, Cumbria, LA13 9AZ, Tel: (01229) 430333.

Copies of the 'Mental Health Directory' can be obtained from the Mental Health Promotion Adviser at the Community Mental Health Centre, Kinta House, Helme Close, Burton Road, Kendal, LA9 7HY, Tel: (01539) 732059.

We would like to extend our grateful thanks to Pfizer for their contribution to the production of the CD-ROM.

Your Complaints and Concerns

If you are concerned about any aspect of the pack, we suggest you first raise this with the staff responsible for the pack. If you are still unhappy or dissatisfied, please write to the Chief Executive:

Mr D A Jordison
Chief Executive
Morcambe Bay Primary Care NHS Trust
Trust Headquarters
Tenterfield
Brigsteer Road
KENDAL
LA9 5EA
Tel: (01539) 797845

INDEX

The contents of this pack are intended as a guide, these lists are for information only and should not be viewed as a recommendation by the Primary Care Mental Health Team or the Psychology Department. It is important to tell any clients when giving this information that the Trust cannot vouch for the services they offer.

- 1. Abuse - Domestic/Physical Violence**
- 2. Abuse - Sexual**
- 3. Addictions - Alcohol**
- 4. Addictions - Drugs**
- 5. Addictions - Gambling**
- 6. Anger**
- 7. Anorexia Nervosa**
- 8. Anxiety & Stress**
- 9. Assertiveness/Self Esteem**
- 10. Bereavement & Loss**
- 11. Bi-Polar Disorder/Manic Depression**
- 12. Bulimia Nervosa**
- 13. Depression**
- 14. General Information on Mental Health**
- 15. Obsessional Compulsive Disorder (OCD)**
- 16. Overeating**
- 17. Panic**
- 18. Phobias**
- 19. Post Natal Depression**
- 20. Post Traumatic Stress Disorder (PTSD)**
- 21. Psychosis**
- 22. Seasonal Affective Disorder (SAD)**
- 23. Self-Harm**
- 24. Sleep Problems**
- 25. Suicide**

Appendix 1. References

Appendix 1.1 Protocol For Managing Anxiety In Primary Care

Appendix 1.2 Protocol For Managing Depression In Primary Care

Appendix 1.3 Protocol For The Management Of Eating Disorders In Primary Care

Appendix 1.4 Protocol For The Management Of Psychosis In Primary Care

Appendix 1.5 Protocol For The Management Of Self-Harm In Primary Care

Appendix 1.6 Protocol For Responding To Disclosures Of Sexual Abuse In Primary Care

1. ABUSE – DOMESTIC/PHYSICAL VIOLENCE

SECTION NO.

1.1 WORKER RESOURCES

- (a) Books
- (b) Leaflets

1.2 CLIENT RESOURCES

- (a) Books
- (b) Leaflets

1.3 CONTACT INFORMATION FOR NATIONAL ORGANISATIONS/SUPPORT GROUPS

1.4 CONTACT INFORMATION FOR LOCAL ORGANISATIONS/SUPPORT GROUPS

- (a) Barrow & Ulverston Areas

1.5 INTERNET RESOURCES

- (a) UK Internet Addresses

1.6 FAMILY & CARER RESOURCES

- (a) Leaflets
- (b) Contact Information For National Organisations/Support Groups
- (c) Contact Information For Local Organisations/Support Groups
- (d) Internet Resources

SEE ALSO CROSS-REFERENCES:

- Abuse – Sexual
- Anger

WORKER RESOURCES

(a) BOOKS

- **BULLYING AT WORK** **A. Adams**
 Price: Not Known ISBN: 1 85381 542 X
 Publisher: Virago

Feedback: *This book contains anecdotal accounts, practical advice and psychological support.*
- **OVERCOMING CHILDHOOD TRAUMA: A SELF-HELP GUIDE USING COGNITIVE BEHAVIOURAL TECHNIQUES** **H. Kennerley**
 Price: £7.95 ISBN: 1 84119 081 0
 Publisher: London: Robinson

Feedback: *Useful for staff and clients. Particularly good for people who have suffered childhood abuse. Uses exercises to develop insight into problem with constructive ideas to achieve change. Some concerns about giving it to people experiencing mental health problems, e.g., depression, who may need further support to get through this process.*
- **PREVENTING FAMILY VIOLENCE** **K. Browne & M. Herbert**
 Price: £19.95 ISBN: 0 471 94140 9
 Publisher: Chichester: Wiley

Feedback: *A clear, comprehensive resource for staff working in primary and secondary care, up to date and useful for variety of situations. Possibly useful for clients. Quite psychological language, may not be understandable to some. Content highly researched, evidence based, very accurate.*
- **VIOLENT NO MORE** **M. Paymar**
 Price: £14.99 ISBN: 0 89793 268 4
 Publisher: Canada: Hunter House

Feedback: *Useful for staff and clients, particularly men violent in relationships, domestic abuse. Would recommend this book with an explanation. Very American and frank. Accuracy of content not known, no reference to research.*

(b) LEAFLETS

- **Cumbria Constabulary** - Advice to Victims of Domestic Violence
 Contact Address: Police Headquarters
 Carleton Hall
 Penrith
 Cumbria
 CA10 2AU
 Contact No: (01768) 891999
- **Home Office** - Domestic Violence: Break the Chain
 Contact Address: 50 Queen Anne's Gate
 London
 SW1H 9AT
 Contact No: (020) 7273 3000

ABUSE - DOMESTIC/PHYSICAL

SECTION 1.1

- **Lord Chancellor's Department**
Contact Address: The Old Bakery
Dockenfield
Farnham
Surrey
GU10 4HX
Contact No: (01252) 794522
- **Victim Support**
Contact Address: National Office
Cranmer House
39 Brixton Road
London
SW9 6DZ
Contact No: (020) 77359166
- **Women's Aid**
Contact Address: PO Box 391
Bristol
BS99 7WS
Contact No: (0117) 9444411

- Help Against Domestic Violence

- Victim Support Information
- Victim Support Witness Service Information
- Victim Supportline
- Going to Court
- Working for victims of Crime
- Violence

- Women

CLIENT RESOURCES

(a) BOOKS

- **BULLYING AT WORK** **A. Adams**
 Price: Not Known ISBN: 1 85381 542 X
 Publisher: Virago

Feedback: *This book contains anecdotal accounts, practical advice and psychological support.*
- **OVERCOMING CHILDHOOD TRAUMA: A SELF-HELP GUIDE USING COGNITIVE BEHAVIOURAL TECHNIQUES** **H. Kennerley**
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Feedback: *Useful for clients, particularly men violent in relationships, domestic abuse. Would recommend this book with an explanation. Very American and frank. Accuracy of content not known, no reference to research.*

(b) LEAFLETS

- **Cumbria Constabulary** - Advice to Victims of Domestic Violence
 Contact Address: Police Headquarters
 Carleton Hall
 Penrith
 Cumbria
 CA10 2AU
 Contact No: (01768) 891999
- **Home Office** - Domestic Violence: Break the Chain
 Contact Address: 50 Queen Anne's Gate
 London
 SW1H 9AT
 Contact No: (020) 7273 3000
- **Lord Chancellor's Department** - Help Against Domestic Violence
 Contact Address: The Old Bakery
 Dockenfield
 Farnham
 Surrey
 GU10 4HX
 Contact No: (01252) 794522

ABUSE - DOMESTIC/PHYSICAL

SECTION 1.2

- **Victim Support**

Contact Address: National Office
Cranmer House
39 Brixton Road
London SW9 6DZ
SW9 6DZ
Contact No: (020) 77359166

- **Women's Aid**

Contact Address: PO Box 391
Bristol
BS99 7WS
Contact No: (0117) 9444411

- Victim Support Information
- Victim Support Witness Service Information
- Victim Supportline
- Going to Court
- Working for Victims of Crime
- Violence
- Women

CONTACT INFORMATION FOR NATIONAL ORGANISATIONS/SUPPORT GROUPS

- **Careline**
Cardinal Heenan Centre
326 High Road
Ilford
IG1 1QP
(020) 85141177

*Telephone counselling
for children, young
people and adults.*
- **Lifeline**
Susan Dyas
Walnut Tree House
Moor End
Holme on Spalding Moor
YO43 4DR
(01262) 469085

*Help and advice for
families of physical,
psychological/sexual
abuse.*
- **Muslim Women's
Helpline**
11 Main Drive
East Lane Business Park
Wembley
HA9 7NA
(020) 89083205

*Confidential listening and
counselling service for
Muslim women.*
- **Refuge 24 hour
National Crisis Line**
2-8 Maltravers Street
London
WC2R 3EE
(020) 73957700
(0870) 5995443 – 24 hr
crisis line

*Can refer women to
refuges and give advice
on welfare rights and
other issues.*
- **Shelterline**
(0808) 8004444

*Emergency access to
refuge services.*
- **SOLA (Survivors of
Lesbian Abuse)**
55 Hemstal Road
London
NW6 2AD
(020) 73287389

*Support for victims of
violence in lesbian
relationships.*
- **Victim Support**
National Office
Cranmer House
39 Brixton Road
London
SW9 6DZ
(020) 77359166
(020) 75825712 – fax
(0845) 3030900 – Victim
Supportline

*Provides volunteers to
visit & support victims of
crime.*
- **Women's Aid National
Domestic Violence
Helpline**
PO Box 391
Bristol
BS99 7WS
(0117) 9444411
(0845) 7023468 –
helpline

*Advice, information and
temporary refuge for
women and children
threatened by emotional
or physical violence.*

CONTACT INFORMATION FOR LOCAL ORGANISATIONS/SUPPORT GROUPS

(a) BARROW & ULVERSTON AREAS

- **Barrow & District Multi-Agency Domestic Violence Forum**
c/o Barrow Police Station
Market Street
Barrow-In-Furness
(01229) 848937
(01229) 848899 – fax
- **Victim Support**
Victim Support Office
Police Station
Market Street
Barrow-In-Furness
LA14 2LE
(01229) 839989 or (01229) 818819

INTERNET RESOURCES

(a) UK INTERNET ADDRESSES

- **Victim Support**
www.victimsupport.com

FAMILY & CARER RESOURCES**(a) LEAFLETS**

- **Lord Chancellor's Department** - Help Against Domestic Violence
Contact Address: The Old Bakery
Dockenfield
Farnham
Surrey
GU10 4HX
Contact No: (01252) 794522
- **Victim Support** - Victim Support Information
Contact Address: National Office - Victim Support Witness Service
Cranmer House Information
39 Brixton Road - Victim Supportline
London - Going to Court
SW9 6DZ - Working for Victims of Crime
Contact No: (020) 77359166 - Violence
- **Women's Aid** - Women
Contact Address: PO Box 391
Bristol
BS99 7WS
Contact No: (0117) 9444411

(b) CONTACT INFORMATION FOR NATIONAL ORGANISATIONS/SUPPORT GROUPS

- **Victim Support (National)**
National Office
Cranmer House
39 Brixton Road
London
SW9 6DZ
(0207) 7359166
(0207) 5825712 – fax
(0845) 3030900 – Victim Supportline

(c) CONTACT INFORMATION FOR LOCAL ORGANISATIONS/SUPPORT GROUPS**BARROW & ULVERSTON AREAS**

- **Barrow & District Multi-Agency Domestic Violence Forum**
c/o Barrow Police Station
Market Street
Barrow-In-Furness
(01229) 848937
(01229) 848899 – fax
- **Victim Support (Local)**
Victim Support Office
Police Station
Market Street
Barrow-In-Furness
LA14 2LE
(01229) 839989 or
(01229) 818819

(d) INTERNET RESOURCES

- **Victim Support**
www.victimsupport.com

2. ABUSE – SEXUAL

SECTION NO.

2.1 WORKER RESOURCES

- (a) Books
- (b) Leaflets

2.2 CLIENT RESOURCES

- (a) Books
- (b) Leaflets

2.3 CONTACT INFORMATION FOR NATIONAL ORGANISATIONS/SUPPORT GROUPS

- (a) Addresses
- (b) Newsletters

2.4 CONTACT INFORMATION FOR LOCAL ORGANISATIONS/SUPPORT GROUPS

- (a) Barrow & Ulverston Areas
- (b) Kendal & South Lakes Areas
- (c) Other Areas

2.5 INTERNET RESOURCES

- (a) UK Internet Addresses
- (b) International Internet Addresses

2.6 FAMILY & CARER RESOURCES

- (a) Leaflets
- (b) Contact Information For National Organisations/Support Groups
- (c) Contact Information For Local Organisations/Support Groups
- (d) Internet Resources

SEE ALSO CROSS-REFERENCES:

- Abuse – Domestic/Physical Violence
- Protocol For Responding To Disclosures Of Sexual Abuse In Primary Care (See Appendix 1.6)
- Self-Harm

WORKER RESOURCES

(a) BOOKS

- LIFTING THE LID – A HANDBOOK FOR WORKERS
 Price: £5.50 **The Basement Project**
 Publisher: Abergavenny: The Basement Project

Feedback: *Useful for staff. Good introduction for those working with survivors of any kind of childhood abuse or neglect.*
- OVERCOMING CHILDHOOD TRAUMA: A SELF-HELP GUIDE USING COGNITIVE BEHAVIOURAL TECHNIQUES
 Price: £7.95 **H. Kennerley**
 Publisher: London: Robinson ISBN: 1 84119 081 0

Feedback: *Useful for staff and clients. Particularly good for people who have suffered childhood abuse. Uses exercises to develop insight into problem with constructive ideas to achieve change. Some concerns about giving it to people experiencing mental health problems, e.g., depression, who may need further support to get through this process.*
- PREVENTING FAMILY VIOLENCE **K. Browne & M. Herbert**
 Price: £19.95 ISBN: 0 471 94140 9
 Publisher: Chichester: Wiley

Feedback: *A clear, comprehensive resource for staff working in primary and secondary care, up to date and useful for variety of situations. Possibly useful for clients. Quite psychological language, may not be understandable to some. Content highly researched, evidence based, very accurate.*
- RESCUING THE INNER CHILD **P. Parks**
 Price: £8.99 ISBN: 0 285 65089 0
 Publisher: London: Souvenir Press

Feedback: *Useful for staff and clients. The book is very sensitive and from the author's experiences. Includes lots of practical exercises for working on feelings arising from abuse.*
- THE COURAGE TO HEAL **E. Bass & L. Davis**
 Price: £10.99 ISBN: 0 7493 0938 5
 Publisher: London: Vermilion

Feedback: *Although many find this useful, it has been quoted as a trigger for "false memories" since it can be interpreted as saying that anyone of a large number of symptoms are **evidence** of abuse which is misleading. Therefore use with caution.*
- THE HURT YOURSELF LESS WORKBOOK **National Self Harm Network**
 Price: £25.00 ISBN: 0 9534027 0 3
 Publisher: London: The National Self Harm Network

Feedback: *This very helpful journal is useful for both staff education and as a workbook for clients. It includes case examples with lots of self awareness and self help exercises.*

ABUSE - SEXUAL

SECTION 2.1

- VICTIMS NO LONGER
Price: £7.99
Publisher: London: Cedar

M. Lew
ISBN: 0 7493 1656 X

Feedback: *Specifically geared towards males who have been abused. Although many find this useful, it has been quoted as a trigger for "false memories" since it can be interpreted as saying that anyone of a large number of symptoms are **evidence** of abuse which is misleading. Therefore use with caution.*

(b) LEAFLETS

- **Bristol Crisis Service for Women** - About Sexual Abuse
Contact Address: PO Box 654
Bristol
BS99 1XH
Contact No: (0117) 925 1119

Feedback: *A very easy to understand explanation about childhood sexual abuse.*
- **South Cumbria Rape & Abuse Service** - Information for Male Survivors
Contact Address: Stricklandgate House
92 Stricklandgate
Kendal
LA9 4PU
Contact No: (01539) 734743
- A caring confidential service for women and men
- Date Rape and Drugs
- **Victim Support** - Information
Contact Address: National Office
Cranmer House
39 Brixton Road
London
SW9 6DZ
Contact No: (020) 77359166
- Sexual Violence
- Rape and Sexual Assault
- Victim Supportline
- **Women's Aid** - Women
Contact Address: PO Box 391
Bristol
BS99 7WS
Contact No: (0117) 9444411

CLIENT RESOURCES

(a) BOOKS

- BEGINNING TO HEAL
Price: £4.99
Publisher: London: Vermilion
E. Bass & L. Davis
ISBN: 0 7493 1655 1
Feedback: *A good basic introduction for clients.*
- OVERCOMING CHILDHOOD TRAUMA: A SELF-HELP GUIDE USING COGNITIVE BEHAVIOURAL TECHNIQUES
Price: £7.95
Publisher: London: Robinson
H. Kennerley
ISBN: 1 84119 081 0
Feedback: *Useful for staff and clients. Particularly good for people who have suffered childhood abuse. Uses exercises to develop insight into problem with constructive ideas to achieve change. Some concerns about giving it to people experiencing mental health problems, e.g., depression, who may need further support to get through this process.*
- RESCUING THE INNER CHILD
Price: £8.99
Publisher: London: Souvenir
P. Parks
ISBN: 0 285 65089 0
Feedback: *Useful for clients. The book is very sensitive and from the author's experiences. Includes lots of practical exercises for working on feelings arising from abuse.*
- THE COURAGE TO HEAL
Price: £10.99
Publisher: London: Vermilion
E. Bass & L. Davis
ISBN: 0 7493 0938 5
Feedback: *Although many find this useful, it has been quoted as a trigger for "false memories" since it can be interpreted as saying that anyone of a large number of symptoms are **evidence** of abuse which is misleading. Therefore use with caution.*
- THE HURT YOURSELF LESS WORKBOOK
Price: £25.00
Publisher: London: The National Self Harm Network
National Self Harm Network
ISBN: 0 9534027 0 3
Feedback: *This very helpful journal is useful for both staff education and as a workbook for clients. It includes case examples with lots of self awareness and self help exercises.*

ABUSE - SEXUAL

SECTION 2.2

- VICTIMS NO LONGER
Price: £7.99
Publisher: London: Cedar

M. Lew
ISBN: 0 7493 1656 X

Feedback: *Specifically geared towards males who have been abused. Although many find this useful, it has been quoted as a trigger for "false memories" since it can be interpreted as saying that anyone of a large number of symptoms are **evidence** of abuse which is misleading. Therefore use with caution.*

(b) LEAFLETS

- **Bristol Crisis Service for Women** - About Sexual Abuse
Contact Address: PO Box 654
Bristol
BS99 1XH
Contact No: (0117) 925 1119
Feedback: *A very easy to understand explanation about childhood sexual abuse.*
- **MIND** - Factsheet: Resources Which May be Of Use to People Who Were Sexually Abused
Contact Address: 15-19 Broadway
London
E15 4BQ
Contact No: (020) 85192122
- **South Cumbria Rape & Abuse Service** - Information for Male Survivors
Contact Address: Stricklandgate House
92 Stricklandgate
Kendal
LA9 4PU
Contact No: (01539) 734743
- A Caring Confidential Service for Women and Men
- Date Rape and Drugs
- **Victim Support** - Information
Contact Address: National Office
Cranmer House
39 Brixton Road
London
SW9 6DZ
Contact No: (020) 77359166
- Sexual Violence
- Rape and Sexual Assault
- Victim Supportline
- **Women's Aid** - Women
Contact Address: PO Box 391
Bristol
BS99 7WS
Contact No: (0117) 9444411

ABUSE - SEXUAL

SECTION 2.3

CONTACT INFORMATION FOR NATIONAL ORGANISATIONS/SUPPORT GROUPS

(a) ADDRESSES

- **Abuse Counselling and Training (ACT)**
Halforton House
29 Katherine Street
Ashington
Northumberland
NE63 9BU
(01670) 52111 – helpline

Helpline for survivors of physical, emotional, sexual abuse.
- **Accuracy About Abuse**
PO Box 3125
London
NW3 5QB
(020) 74315339

Information service background to media controversies. Aims to get an accurate picture of abuse across to the public.
- **Action Against Abuse of Women and Girls**
PO Box 124
Bognor Regis
West Sussex
PO21 5YS
(01243) 842312

Information and support for women and those working with them.
- **Bristol Crisis Service for Women**
PO Box 654
Bristol
BS99 1XH
(0117) 9251119

Telephone helpline for women.
- **Breaking Free**
Suite 23-25
Marshall House
124 Middleton Road
Morden
Surrey
SM4 6RW
(0208) 6483500 –
helpline (Tue, 2-4 pm,
Wed, 1-4 pm, Thu, 11
am-3 pm, Fri 10 am-
12 noon, 2-5 pm)
- **Child Abuse Survivor Network**
PO Box 1
London
N1 7SN
(020) 89925522
- **Childwatch**
206 Hesse Road
Hull
HU3 3BE
(01482) 325552
(Mon-Fri, 9.30 am-4.30 pm)

Telephone counselling for adults who have been abused as children.
- **Counselling, Advice for Survivors of Sexual Abuse**
Tradeforce Building
Cornwall Place
Bradford
BD8 7JT
(01274) 305276 (Mon –
Thurs, 10 am–2 pm)
- **Careline**
Cardinal Heenan Centre
326 High Road
Ilford
IG1 1QP
(0208) 5141177

Telephone counselling for children young people and adults.
- **DABS (Directory and Book Services)**
1 Broxholme Lane
Doncaster
South Yorkshire
DN1 2LJ
(01302) 768769- tel/fax

Information service for survivors of sexual abuse, their families and professionals.
- **Family Matters**
13 Wrotham Road
Gravesend
Kent
DA11 0PA
(01474) 537392 –
helpline (Mon-Sun,
10 am-12 noon, 2-4pm,
7-8.30 pm)

Counselling, listening and information to adults and children over 8.
- **Female Adults Molested as Children (FAMAC)**
Contact: Josie Riley
(01389) 608420
weekdays 9 am-1 pm
- **Information Service on Incest and Child Sexual Abuse**
24 Black Heath Rise
London
SE13 7DN
(020) 88527432
- **ISO-SAC (In Support of Sexually Abused Children)**
PO Box 526
London
NW6 1SU

ABUSE - SEXUAL

- **Lifeline (Help for Victims of Violence in the Home, Sexual Abuse and Incest)**
The Old Bakehouse
Main Road
Hulland Ward
Ashbourne
Derbyshire
DE6 3EA
(01262) 469085 – tel/fax
- **London Rape Crisis Centre**
PO Box 69
London
WC1X 9NJ
(020) 78371600

National helpline for women and girls who have been raped/sexually assaulted and their friends and families.
- **MASH (Men as Survivors)**
c/o Victim Support
36 Dean Lane
Bedminster
Bristol
BS1 1BS
(0117) 9077100

Telephone counselling and advice for sexually abused men and their friends and family.
- **NSPCC**
0800 800500 – helpline
- **Rape and Sexual Abuse Support Centre (RASASC)**
Rasasc
PO Box 383
Croydon
CR9 2AW
(0208) 2390099
(0208) 2391122 – helpline (weekdays 12 noon – 2.30 pm, 7-9.30 pm, weekends 2.30-5.30 pm)
- **Refuge 24 hour National Crisis Line**
(0990) 995443
- **SAFE**
PO Box 1557
Salisbury
SP1 2TP
(01722) 410889

National helpline for people who have been abused in a ritual setting.
- **Survivors Network**
79 Buckingham Road
Brighton
BN1 3RJ
(01273) 203380
(01273) 720110 – helpline (Fri, 7-9 pm)
- **Survivors UK**
PO Box 2470
London
SW9 9ZP
(020) 78333737

Helpline and counselling for sexually abused men.
- **The Basement Project**
PO Box 5
Abergavenny
NP7 5XW
(01873) 856524

Publications on abuse for staff and clients.

SECTION 2.3

- **The National Association for People Abused in Childhood (NAPAC)**
42 Curtain Road
London
EC21 3NH

Support for adult survivors of any form of childhood abuse.
- **Threshold**
14 St George's Place
Brighton
East Sussex
BN1 4GB
(01273) 626444 - tel/fax
(0845) 3000911– info line

Organisation for women with mental health issues. Advises on setting up self-help groups.
- **Victim Support**
Cranmer House
39 Brixton Road
London
SW9 6DZ
(020) 77359166
(020) 775825712 – fax
(0845) 3030900 – Victim Supportline

Provides volunteers to visit and support victims of crime. Can also accompany clients to the police station or court.
- **Women's Therapy Centre**
10 Manor Gardens
London
N7 6JS
(0207) 2637860

Services for survivors of sexual abuse.

ABUSE - SEXUAL

SECTION 2.3

(b) NEWSLETTERS

- **Fighting Back**
PO Box 25
136 / 138 Kingsland High
Street
London E8 2N
- **SASH (Survivors of
Abuse and Self
Harming)**
20 Lackmore Road
Enfield
Middlesex
EN1 4PB
- **WAVES (Women
Making Waves About
Abuse)**
The Basement Project
PO Box 5
Abergavenny
NP7 5XW

CONTACT INFORMATION FOR LOCAL ORGANISATIONS/SUPPORT GROUPS

(a) BARROW & ULVERSTON AREAS

- **South Cumbria Rape and Abuse Service (SCRAS)**
60 Hartington Street
Barrow-In-Furness
Cumbria
(01229) 820828
- **Victim Support**
Victim Support Office
Police Station
Market Street
Barrow-In-Furness
LA14 2LE
(01229) 839989 or (01229) 818819

(b) KENDAL & SOUTH LAKES AREAS

- **South Cumbria Rape and Abuse Service (SCRAS)**
Stricklandgate House
92 Stricklandgate
Kendal
LA9 4PU
(01539) 734743 – 24 hour answerphone

(c) OTHER AREAS

- **Mothers of Abused Children**
25 Wampool Street
Silloth
Cumbria
CA7 4AA
(01697) 331432

Telephone and face-to-face counselling provided. If contacted before 6 pm, leave a message on the answerphone they will contact you. Phone after 6 pm to speak to Christine.

INTERNET RESOURCES

(a) UK INTERNET ADDRESSES

- **Abuse Recovery UK**
www.abuse.recovery.uka-sarian-host.org/
- **Bristol Crisis Service for Women**
www.users.zetnet.co.uk/BCSW/
- **DABS (Directory and Book Services)**
e-mail: info@dabsbooks.co.uk
www.dabsbooks.co.uk
- **Survivors UK**
e-mail: survivors@freeseve.co.uk
www.survivors.co.uk
- **The Basement Project**
e-mail: basement.project@virgin.net
<http://freespace.virgin.net/basement.project/>
- **Threshold**
e-mail: thrwomen@globalnet.co.uk
www.users.globalnet.co.uk/~thrwomen
- **Victim Support**
www.victimsupport.com
- **Women's Therapy Centre**
e-mail: info@womenstherapycentre.co.uk
www.womenstherapycentre.co.uk

(b) INTERNATIONAL INTERNET ADDRESSES

- **Child Abuse FAQs**
<http://www.extension.ualberta.ca/legal/faqs/nat/v-chi-en.htm>
- **STDs and Sexual Assault: Information on HIV/AIDS, Hepatitis B and Other Sexually Transmitted Diseases**
<http://www.connsacs.org/hivbook.htm>

FAMILY & CARER RESOURCES

(a) LEAFLETS

- **Bristol Crisis Service for Women** - About Sexual Abuse
 Contact Address: PO Box 654
 Bristol
 BS99 1XH
 Contact No: (0117) 925 1119

Feedback: *A very easy to understand explanation about childhood sexual abuse.*
- **Victim Support** - Information
 Contact Address: National Office
 Cranmer House
 39 Brixton Road
 London
 SW9 6DZ
 Contact No: (020) 77359166
 - Sexual Violence
 - Rape and Sexual Assault
 - Victim Supportline
- **Women's Aid** - Women
 Contact Address: PO Box 391
 Bristol
 BS99 7WS
 Contact No: (0117) 9444411

(b) CONTACT INFORMATION FOR NATIONAL ORGANISATIONS/SUPPORT GROUPS

- **Action Against Abuse of Women and Girls**
 PO Box 124
 Bognor Regis
 West Sussex
 PO21 5YS
 (01243) 842312
- **MOSAC (Mothers of Sexually Abused Children)**
 141 Greenwich High Road
 Greenwich
 London
 SE10 8JA
 0800 9801958
- **DABS (Directory and Book Services)**
 1 Broxholme Lane
 Doncaster
 South Yorkshire
 DN1 2LJ
 (01302) 768689 – tel/fax

Information service for survivors of sexual abuse, their friends and families.
- **Victim Support (National)**
 Cranmer House
 39 Brixton Road
 London
 SW9 6DZ
 (020) 77359166
 (020) 775825712 – fax
 (0845) 3030900 – Victim Supportline
- **Information Service on Incest and Child Sexual Abuse**
 24 Black Heath Rise
 London
 SE13 7DN
 (020) 88527432

ABUSE - SEXUAL

SECTION 2.6

(c) CONTACT INFORMATION FOR LOCAL ORGANISATIONS/SUPPORT GROUPS

BARROW & ULVERSTON AREAS

- **Victim Support (Local)**

Victim Support Office
Police Station
Market Street
Barrow-In-Furness
LA14 2LE.
(01229) 839989 or
(01229) 818819

(d) INTERNET RESOURCES

- **MOSAC (Mothers of Sexually Abused Children)**

www.mosac.org.uk

3. ADDICTIONS – ALCOHOL

SECTION NO.

3.1 WORKER RESOURCES

- (a) Books
- (b) Leaflets

3.2 CLIENT RESOURCES

- (a) Books
- (b) Leaflets

3.3 CONTACT INFORMATION FOR NATIONAL ORGANISATIONS/SUPPORT GROUPS

3.4 CONTACT INFORMATION FOR LOCAL ORGANISATIONS/SUPPORT GROUPS

- (a) Barrow & Ulverston Areas
- (b) Kendal & South Lakes Areas
- (c) Other Areas

3.5 INTERNET RESOURCES

- (a) UK Internet Addresses
- (b) International Internet Addresses

3.6 FAMILY & CARER RESOURCES

- (a) Leaflets
- (b) Contact Information For National Organisations/Support Groups
- (c) Contact Information For Local Organisations/Support Groups
- (d) Internet Resources

3.7 MENTAL HEALTH HANDBOOK EXTRACTS

- (a) Information About Drinking
- (b) How To Control Your Drinking

SEE ALSO CROSS-REFERENCES:

- Addictions – Drugs
- Addictions – Gambling
- Anxiety & Stress
- Depression

WORKER RESOURCES

(a) BOOKS

- CODEPENDENCY: HOW TO BREAK FREE AND LIVE YOUR OWN LIFE
Price: £8.99 **D. Stafford & L. Hodgkinson**
Publisher: London: Piatkus ISBN: 0 7499 1834 9

Feedback: *Focuses on understanding the problem and how to break free from addictions and relationships. Quite informative.*

- MIND OVER MOOD **D. Greenberger & C. Padezky**
Price: £14.95 ISBN: 0 89862 128 3
Publisher: London: Guildford

Feedback: *Although not specific to addictions, this is a clear, well laid out book based on Cognitive Therapy methods includes a true self-help text in which easy, yet profound, exercises lead readers to deeper understanding and sense of control over their inner lives.*

- THE HEALING JOURNEY THROUGH ADDICTION **P. Rich & S. Copans**
Price: £12.95 ISBN: 0 471 38215 9
Publisher: Chichester: Wiley

Feedback: *This is a very user-friendly self-help book. It covers all kinds of addictions. It is written in a comprehensive and creative way on recovery from addictive disorders, addressing the many emotional, interpersonal and spiritual facets of recovery. Useful for clients and workers, with exercises included to increase self awareness and understanding.*

(b) LEAFLETS

- **Alcoholics Anonymous** - AA as a Resource for the Medical Profession
Contact Address: AA General Service Office - AA At a Glance
PO Box 1
Stonebow House
Stonebow
York
YO1 7NJ
Contact No: (01904) 644026
- **Boots** - Drugs and Alcohol: A Parent's Guide
Contact Address: Boots Customer Services
PO Box 5300
Nottingham
NG90 1AA
Contact No: (0845) 0708090
- **Furness Drug and Alcohol Concern**
Contact Address: 52 Paradise Street
Barrow-In-Furness
LA14 1JG
Contact No: (01229) 811111

ADDICTIONS - ALCOHOL

SECTION 3.1

- **Health Education Authority**

Contact Address: Trevelyan House
30 Great Peter Street
London
SW1P 2HW
Contact No: (01235) 465565

- **The Portman Group**

Contact Address: 2d Wimpole Street
London
W1M 7AA
Contact No: (020) 79073700

- A Parent's Guide to Drugs and Alcohol
- Think About Drink
- Alcohol Facts for Parents/Young People
- Say When... How Much is Too Much?
- Don't Mix It!: A Guide for Employers on Alcohol at Work
- Don't Drink and Drive
- Drinking for Two
- It All Adds Up
- Cheers Without Tears
- Alcohol Poisoning: How to Avoid it, How to Deal With it

CLIENT RESOURCES

(a) BOOKS

- **CODEPENDENCY: HOW TO BREAK FREE AND LIVE YOUR OWN LIFE**
Price: £8.99 **D. Stafford & L. Hodgkinson**
Publisher: London: Piatkus ISBN: 0 7499 1834 9

Feedback: *Focuses on understanding the problem and how to break free from addictions and relationships. Quite informative.*

- **MIND OVER MOOD** **D. Greenberger & C. Padezky**
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Feedback: *This is a very user-friendly self-help book. It covers all kinds of addictions. It is written in a comprehensive and creative way on recovery from addictive disorders, addressing the many emotional, interpersonal and spiritual facets of recovery. Useful for clients and workers, with exercises included to increase self awareness and understanding.*

(b) LEAFLETS

- **Alcoholics Anonymous** - AA as a Resource for the Medical Profession
Contact Address: AA General Service Office - AA At a Glance
PO Box 1
Stonebow House
Stonebow
York
YO1 7NJ
Contact No: (01904) 644026
- **Boots** - Drugs and Alcohol: A Parent's Guide
Contact Address: Boots Customer Services
PO Box 5300
Nottingham
NG90 1AA
Contact No: (0845) 0708090
- **Furness Drug and Alcohol Concern**
Contact Address: 52 Paradise Street
Barrow-In-Furness
LA14 1JG
Contact No: (01229) 811111

ADDICTIONS - ALCOHOL

SECTION 3.2

- **Health Education Authority**

Contact Address: Trevelyan House
30 Great Peter Street
London
SW1P 2HW
Contact No: (01235) 465565

- **The Portman Group**

Contact Address: 2d Wimpole Street
London
W1M 7AA
Contact No: (020) 79073700

- A Parent's Guide to Drugs and Alcohol
- Think About Drink
- Alcohol Facts for Parents/Young People
- Say When... How Much is Too Much?
- Don't Drink and Drive
- Drinking for Two
- It All Adds Up
- Cheers Without Tears
- Alcohol Poisoning: How to Avoid it, How to Deal With it

CONTACT INFORMATION FOR NATIONAL ORGANISATIONS/SUPPORT GROUPS

- **Al-Anon Family Groups**
(020) 74030888

For those whose lives are affected by other peoples drinking.
- **Alcohol Concern**
Waterbridge House
32-36 Loman Street
London
DE1 0EE
(020) 79287377

Provides general information about alcohol and info on local services.
- **Alcoholics Anonymous**
PO Box 1
Stonebow House
Stonebow
York
YO1 7NJ
(01904) 644026
(020) 78330022 – London Helpline

Runs self-help groups for people giving up alcohol.
- **Alcohol Recovery Project**
68 Newington Causeway
London
SE1 6DF
(020) 74033369

Information and advice on alcohol problems.
- **British Liver Trust**
Ransomes Europark
Ipswich
IP3 9QG
(01473) 276326
(01473) 276327 – fax
- **Drinkline**
0800 9178282 – 9 am-11 pm Mon-Fri,
6 pm-11 pm weekends

Provides confidential information and advice. Can put you in touch with local advice centres.
- **Institute of Alcohol Studies**
Alliance House
12 Caxton Street
London
SW11 0QS
(020) 72225880

Wide range of factsheets available.
- **National Alcohol Helpline**
0800 9178282

Free and confidential help and advice.
- **Teetotallers Register**
Wendy Whitehead
9 The Lodge
3 Blackwater Road
Eastbourne
BN21 4JF
(01323) 638234

Supports those abstaining from alcohol.
- **The Advisory Council on Alcohol and Drug Education (TACADE)**
1 Hulme Place
The Crescent
Salford
M5 4QA
(0161) 7458925

Range of materials and resources.
- **The Portman Group**
2d Wimpole Street
London
W1M 7AA
(020) 79073700

Produces information leaflets about the effects of alcohol.

ADDICTIONS - ALCOHOL

SECTION 3.4

CONTACT INFORMATION FOR LOCAL ORGANISATIONS/SUPPORT GROUPS

(a) BARROW & ULVERSTON AREAS

- **Alcoholics Anonymous**
(01229) 827676

Monday:
7.45-9.45 pm, *The Baby Clinic, Abbey Road, Barrow.*

Wednesday:
7.30-9.30 pm, *Duddon House, Fairfield Lane, Barrow.*

Thursday:
7.30-9.30 pm, *Health Centre, Victoria Road, Ulverston.*

Friday:
7.45-9.45 pm, *The Baby Clinic, Abbey Road, Barrow.*
- *Saturday:*
7.30-9.30 pm, *Step and Tradition Meeting, Hartington Street Methodist Church, Hartington Street, Barrow.*

Sunday:
8-9.30 pm, *The Baby Clinic, Abbey Road, Barrow*
- **Community Drug and Alcohol Team**
1 Abbey Road
Barrow-In-Furness
(01229) 814514
- **Cumbria Alcohol and Drug Advisory Service (CADAS)**
88 Scott Street
Barrow-In-Furness
Cumbria
(01229) 837592
- **Drug & Alcohol Team**
Duddon House
Fairfield Lane
Barrow-In-Furness
(01229) 430333
- **Furness Drug and Alcohol Concern (FDAC)**
52 Paradise Street
Barrow-In-Furness
LA14 1JG
(01229) 811111

Alcohol Support Group, Mondays 1.30-3 pm, at FDAC, Paradise Street, Barrow.

Family Support Group, alternative Mondays 6.30-8 pm, FDAC, Paradise Street, Barrow

(b) KENDAL & SOUTH LAKES AREAS

- **Alcoholics Anonymous**
(0845) 7697555

Monday:
8-9.30 pm, *St George's Church, Castle Crescent, Kendal.*

Tuesday:
2 pm, *The Presbytery, St Charles Catholic Church, Kents Bank Road, Grange Over Sands.*

Wednesday:
8-9.30 pm, *The Methodist Church, Millens Park, Ambleside.*

Thursday:
7.30-9 pm, *La Sangesse Convent, Queen's Drive, Windermere.*
- *Friday:*
7.30-9 pm, *Kirkland Hall, Kendal Parish Church, Kendal.*
- **Cumbria Alcohol and Drug Advisory Service (CADAS)**
Stricklandgate House
92 Stricklandgate
Kendal
LA9 4PU
(01539) 734343
- **Drug & Alcohol Team**
Kinta House
Helme Close
Burton Road
Kendal
LA9 7HY
(01539) 732059
- **The Kendal Granary**
The Shakespeare Centre
Highgate
Kendal
LA9 4HE
(01539) 736867

ADDICTIONS - ALCOHOL

SECTION 3.4

(c) OTHER AREAS

- **Cumbria Alcohol and
Drug Advisory Service
(CADAS)**
1 Fisher Street
Carlisle
CA3 8RR
(01228) 544140

INTERNET RESOURCES

(a) UK INTERNET ADDRESSES

- **Alcohol Concern**
e-mail: AC@alcon.dircon.co.uk
www.alcoholconcern.org.uk/
- **British Liver Trust**
e-mail: info@britishlivertrust.org.uk
www.britishlivertrust.org.uk

(b) INTERNATIONAL INTERNET ADDRESSES

- **Adult Children of Alcoholics**
<http://www.couns.uiuc.edu/adult.htm>
- **Al-Anon and Alateen**
<http://www.Al-Anon-Alateen.org>
- **Drug/Alcohol Brochures**
<http://www.uiuc.edu/departments/mckinley/health-info/drugs-alc/drugs-alc.html>
- **SMART: Self-Management and Recovery Training**
<http://www.smartrecovery.org>

FAMILY & CARER RESOURCES

(a) LEAFLETS

- **Alcoholics Anonymous** - AA At a Glance
 Contact Address: AA General Service Office
 PO Box 1
 Stonebow House
 Stonebow
 York
 YO1 7NJ
 Contact No: (01904) 644026
- **Boots** - Drugs and Alcohol: A Parent's Guide
 Contact Address: Boots Customer Services
 PO Box 5300
 Nottingham
 NG90 1AA
 Contact No: (0845) 0708090
- **Health Education Authority** - A Parent's Guide to Drugs and Alcohol
 - Think About Drink
 - Alcohol Facts for Parents/Young People
 Contact Address: Trevelyan House
 30 Great Peter Street
 London
 SW1P 2HW
 Contact No: (01235) 465565
- **Signpost** - Information Leaflet: Confidential 24 Hour for
 Family & Friends of Drug/Alcohol misusers
 Contact Address: 21 Washington Street
 Workington
 Cumbria
 CA14 3AW
 Contact No: (01900) 870034

(b) CONTACT INFORMATION FOR NATIONAL ORGANISATIONS/SUPPORT GROUPS

- **Al-Anon Family Groups**
(020) 74030888
- **National Alcohol Helpline**
0800 9178282
- **National Association for Children of Alcoholics**
PO Box 64
Fishponds
Bristol
BS16 2UH
(0117) 9248005 – tel/fax
0800 3583456 - freephone
- **Alcoholics Anonymous**
(0845) 7697555
PO Box 1
Stonebow House
Stonebow
York
YO1 7NJ
(01904) 644026

ADDICTIONS - ALCOHOL

SECTION 3.6

(c) CONTACT INFORMATION FOR LOCAL ORGANISATIONS/SUPPORT GROUPS

BARROW & ULVERSTON AREAS

- **Alcoholics Anonymous**
(01229) 827676
- **Furness Drug and Alcohol Concern (FDAC)**
52 Paradise Street
Barrow-In-Furness
LA14 1JG

Family Support Group, Monday or Tuesday evenings, times vary so worth contacting them on: (01229) 811111 to check

(d) INTERNET RESOURCES

- **Adult Children of Alcoholics**
<http://www.couns.uiuc.edu/adult.htm>

MENTAL HEALTH HANDBOOK EXTRACTS

'First you take a drink, then the drink takes a drink, then the drink takes you'

- F Scott Fitzgerald -

One standard unit of alcohol = One half-pint of average strength beer or lager, or
One glass of wine, or
One standard single measure of spirits.

Note: a can of high strength beer or lager may contain 3-4 units.

Recommendations for men

If your total for the week is more than 28 units you should consider cutting down.

Recommendations for women

If your total for the week is more than 21 units you should consider cutting down.

A heavy drinker

A heavy drinker is somebody who drinks more than the recommended units. If you are a heavy drinker, as compared to a light drinker you are:

- ◆ twice as likely to die of heart disease;
- ◆ twice as likely to die of cancer;
- ◆ twelve times more likely to die of cirrhosis of the liver;
- ◆ three times more likely to die in a road traffic accident;
- ◆ six times more likely to commit suicide.

If you have ever been physically dependent on alcohol for 6 months, or addicted, then any alcohol is likely to be harmful. You are likely to find it difficult to become a social or 'controlled' drinker and it is best to abstain altogether.

Other facts

- ◆ Approximately four times as many people in Britain are now experiencing serious problems related to their drinking than in the early 1960s.
- ◆ Cirrhosis of the liver is up by 60 per cent since 1955 in Britain.
- ◆ Alcohol dulls the action of the brain. Although it initially feels stimulating, it has a depressant effect.
- ◆ The body gets rid of alcohol by the liver oxidizing it. It takes the liver one hour to burn up a standard unit of alcohol.
- ◆ Hangovers are caused partly by impurities in alcoholic drinks, partly by dehydration and partly by low blood sugar. The darker in colour the drink, the more likely it is to cause a hangover.
- ◆ Alcohol is a diuretic, that is, it makes you urinate more than normal. Over a night's drinking, your body will lose more than it absorbs. For some people drinking a great deal of water before sleeping helps to avoid hangovers.
- ◆ Excessive drinking by pregnant women may harm the foetus. It is safest not to drink at all when you are pregnant.
- ◆ In the UK 50 per cent of all alcohol is drunk by 10 per cent of all drinkers.

How to Control Your Drinking

- 1 Make a decision to cut down and make a written contract with yourself to try your hardest to do so. Then tell others about that decision.
- 2 Make three lists. First, list all the problems that you have that might be associated with drinking too much eg, poor health, problems at work, damaged relationships. Second make a list of all the reasons why you like drinking. You need to recognise these in order to be able to tackle changing your lifestyle. Third, list all your reasons for wanting to cut down eg, I want to be a better father.
- 3 Keep a weekly drinking diary. Record times of drinking, how much you drank, where and who with. Total your consumption in units of alcohol for the week. (Remember one unit = one half-pint of beer, one glass of wine, or one measure of spirits.)
- 4 Identify your most vulnerable high risk times of the day or week and who you are likely to be with. See if there is any pattern to your drinking. For example, mood states, feeling good or bad, rows or conflicts, or social situations.
- 5 Work out a set of drinking rules for yourself and write them down.
Examples
I will never drink before 8pm.
I will never drink for more than three hours at a time.
I will stop drinking with Tony.
I will stop drinking strong lager.
- 6 Keep at least two separate days of the week alcohol free and try to make these routine. This gives your body a chance to offset some of the impact of drinking.
- 7 Have a daily cut-off point. Set yourself a rule that you will not drink more than, say, seven units of alcohol on any one day. It is important to recognise that once you have drunk over 3 or 4 units it becomes increasingly difficult to say 'no'.
- 8 Slow down. Pace your drinking; if you are going to be in a pub for three hours and you only want to have three pints, then that is one every hour, perhaps interspersed with non-alcoholic drinks. Take smaller sips. Always put your glass down between sips. Occupy yourself (eg, play darts or dominoes).
- 9 Reward your successes. If you achieve your goals, go out and buy yourself a special present.
- 10 Look for alternatives to alcohol. This involves looking at why you drink. Is it to reduce anxiety or boredom, to increase confidence, or to beat feelings of depression? Do something else about these problems.
- 11 If you get a craving, delay your drinking for as long as possible. Distract yourself. Challenge your thoughts: 'I really need a drink', 'Rubbish, I don't need a drink. I want a drink because I feel tense'.
- 12 Expect occasional relapses and don't be devastated by them. Old habits are hard to break. A lapse does not have to mean a full relapse. Keep trying.

4. ADDICTIONS – DRUGS

SECTION NO.

4.1 WORKER RESOURCES

- (a) Books
- (b) Leaflets

4.2 CLIENT RESOURCES

- (a) Books
- (b) Leaflets

4.3 CONTACT INFORMATION FOR NATIONAL ORGANISATIONS/SUPPORT GROUPS

4.4 CONTACT INFORMATION FOR LOCAL ORGANISATIONS/SUPPORT GROUPS

- (a) Barrow & Ulverston Areas
- (b) Kendal & South Lakes Areas
- (c) Other Areas

4.5 INTERNET RESOURCES

- (a) UK Internet Addresses
- (b) International Internet Addresses

4.6 FAMILY & CARER RESOURCES

- (a) Leaflets
- (b) Contact Information For National Organisations/Support Groups
- (c) Contact Information For Local Organisations/Support Groups

SEE ALSO CROSS-REFERENCES:

- Addictions - Alcohol
- Anxiety & Stress
- Depression
- Psychosis

WORKER RESOURCES

(a) BOOKS

- **CODEPENDENCY: HOW TO BREAK FREE AND LIVE YOUR OWN LIFE**
 Price: £8.99 **D. Stafford & L. Hodgkinson**
 Publisher: London: Piatkus ISBN: 0 7499 1834 9

Feedback: *Focuses on understanding the problem and how to break free from addictions and relationships. Quite informative.*
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Feedback: *Although not specific to addictions, this is a clear, well laid out book based on Cognitive Therapy methods. It includes a true self-help text in which easy yet profound, exercises lead readers to deeper understanding and sense of control over their inner lives.*
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Feedback: *This is a very user-friendly self-help book. It covers all kinds of addictions. It is written in a comprehensive and creative way on recovery from addictive disorders, addressing the many emotional, interpersonal and spiritual facets of recovery. Useful for clients and workers, with exercises included to increase self awareness and understanding.*

(b) LEAFLETS

- **Families Anonymous**
 - Contact Address: Doddington & Rollo
Community Association
Charlotte Despard Avenue
Battersea
London
SW11 5HD
 - Contact No: (020) 74984680
 - Introducing Families Anonymous To The Professional Community
 - Where To Find Families Anonymous
 - Families Anonymous: How To Start A Group
 - Families Anonymous Literature Price List and Order Form
- **Furness Drug & Alcohol Concern**
 - Contact Address: 52 Paradise Street
Barrow in Furness
LA14 1JG
 - Contact No: (01229) 811111
 - Drugs and Solvents: Things You Should Know
 - Solvents
- **Health & Safety Executive**
 - Contact Address: HSE Books
PO Box 1999
Sudbury
Suffolk
CO10 6FS
 - Contact No: (01787) 881165
 - Drug Misuse At Work: A Guide for Employers

ADDICTIONS - DRUGS

SECTION 4.1

- **Health Education Authority**
Contact Address: Trevelyan House
30 Great Peter Street
London
SW1P 2HW
Contact No: (01235) 465565
 - A Parent's Guide to Drugs & Alcohol
 - Drugs and Solvents: A Young Persons's Guide
 - A Parent's Guide to Drugs and Solvents
 - The Score: Facts About Drugs
 - Drugs: The Facts
- **HIT Postcards**
Contact Address: Not Known
Contact No: 0800 776600
 - Contaminated Heroin
 - Magic Mushrooms
 - Anabolic Steroids
 - Nicotine
 - Cocaine
 - Solvents
 - Poppers
- **Lifeline**
Contact Address: 101-103 Oldham Street
Manchester
M4 1LW
Contact No: (0161) 8392054
 - Hugo: The Man With the Talking Liver
 - Paranoia With Peanut Pete and the Don't Care Bears
- **Mind**
Contact Address: 15-19 Broadway
London
E15 4BQ
Contact No: (020) 85192122
 - Understanding Dual Diagnosis
 - Understanding the Psychological Effects of Street Drugs
- **National Drugs Helpline**
Contact Address: DCOS
PO Box 105
Sandwich
Kent
CT13 9BR
Contact No: 0800 776600
Contact No: (01304) 614731 (Bulk Orders)
 - Bad LSD Trips (postcard)
 - Speed (postcard)
- **Release**
Contact Address: 388 Old Street
London
EC1V 9LT
Contact No: (0171) 7295255
 - Amyl Nitrates, Butyl Nitrates, Rush, Poppers
 - Magic Mushrooms
 - Heroin Smack
 - Anabolic Steroids
- **Rugby NHS Trust**
Contact Address: The Rugby Community Drugs Team
The Orchard Centre for Community Health
Lower Hill Morton Road
Rugby
CV21 3SR
Contact No: (01788) 555100
Fax No: (01788) 571021
 - Cocaine and Crack
 - L.S.D.
 - Ecstasy
 - Amphetamines
 - Cannabis

CLIENT RESOURCES

(a) BOOKS

- **CODEPENDENCY: HOW TO BREAK FREE AND LIVE YOUR OWN LIFE**
 Price: £8.99 **D. Stafford & L. Hodgkinson**
 Publisher: London: Piatkus ISBN: 0 7499 1834 9

Feedback: *Focuses on understanding the problem and how to break free from addictions and relationships. Quite informative.*
- **MIND OVER MOOD** **D. Greenberger & C.A. Padesky**
 Price: £14.95 ISBN: 0 89862 128 3
 Publisher: London: Guilford

Feedback: *Although not specific to addictions, this is a clear, well laid out book based on Cognitive Therapy methods. It includes a true self-help text in which easy yet profound, exercises lead readers to deeper understanding and sense of control over their inner lives.*
- **THE HEALING JOURNEY THROUGH ADDICTION** **P. Rich & S. Copans**
 Price: £12.95 ISBN: 0 471 38215 9
 Publisher: Chichester: Wiley

Feedback: *This is a very user-friendly self-help book. It covers all kinds of addictions. It is written in a comprehensive and creative way on recovery from addictive disorders, addressing the many emotional, interpersonal and spiritual facets of recovery. Useful for clients and workers, with exercises included to increase self awareness and understanding.*

(b) LEAFLETS

- **Families Anonymous**
 - Contact Address: Doddington & Rollo
Community Association
Charlotte Despard Avenue
Battersea
London
SW11 5HD
 - Contact No: (020) 74984680
 - Where To Find Families Anonymous
 - Families Anonymous: How To Start A Group
 - Families Anonymous: Literature Price List and Order Form
- **Furness Drug & Alcohol Concern**
 - Contact Address: 52 Paradise Street
Barrow in Furness
LA14 1JG
 - Contact No: (01229) 811111
 - Drugs and Solvents: Things You Should Know
 - Solvents
- **Health Education Authority**
 - Contact Address: Trevelyan House
30 Great Peter Street
London
SW1P 2HW
 - Contact No: (01235) 465565
 - A Parent's Guide to Drugs & Alcohol
 - Drugs and Solvents: A Young Person's Guide
 - A Parent's Guide to Drugs and Solvents
 - The Score: Facts About Drugs
 - Drugs: The Facts

ADDICTIONS - DRUGS

SECTION 4.2

- **HIT Postcards**
Contact Address: Not Known
Contact No: 0800 776600
 - Contaminated Heroin
 - Magic Mushrooms
 - Anabolic Steroids
 - Nicotine
 - Cocaine
 - Solvents
 - Poppers
- **Lifeline**
Contact Address: 101-103 Oldham Street
Manchester
M4 1LW
Contact No: (0161) 8392054
 - Hugo: The Man With the Talking Liver
 - Paranoia With Peanut Pete and the Don't Care Bears
- **Mind**
Contact Address: 15-19 Broadway
London
E15 4BQ
Contact No: (020) 85192122
 - Understanding Dual Diagnosis
 - Understanding the Psychological Effects of Street Drugs
- **National Drugs Helpline**
Contact Address: DCOS
PO Box 105
Sandwich
Kent
CT13 9BR
Contact No: 0800 776600
Contact No: (01304) 614731 (Bulk Orders)
 - Bad LSD Trips (postcard)
 - Speed (postcard)
- **Release**
Contact Address: 388 Old Street
London
EC1V 9LT
Contact No: (0171) 7295255
 - Amyl Nitrates, Butyl Nitrates, Rush, Poppers
 - Magic Mushrooms
 - Heroin Smack
 - Anabolic Steroids
- **Rugby NHS Trust**
Contact Address: The Rugby Community Drugs
Team
The Orchard Centre for
Community Health
Lower Hill Morton Road
Rugby
CV21 3SR
Contact No: (01788) 555100
Fax No: (01788) 571021
 - Cocaine and Crack
 - L.S.D.
 - Ecstasy
 - Amphetamines
 - Cannabis

CONTACT INFORMATION FOR NATIONAL ORGANISATIONS/SUPPORT GROUPS

- **Accept Services**
724 Fulham Road
London
SW6 5SW
(020) 73717477 or
(020) 73717555
- **ADAPT (Addicts are People Too)**
Josephine Leigh
88 Seymour Villas
London
SE20 8TT
(020) 84027997
- **ADFAM National**
Waterbridge House
32-36 Loman Street
London
SE1 0EE
(020) 79288900

Advice and information for relatives, families and friends of those with a drug problem.
- **CA (Cocaine Anonymous)**
PO Box 16111
London
SW4 8WR
(020) 72841123
- **Council for Involuntary Tranquiliser Addiction**
Cavendish House
Brighton Road
Waterloo
Liverpool
L22 5NG
(0151) 4749626
(0151)2848234 – fax
(0151) 9490102 – helpline

Addiction to benzodiazepine, sleeping tablets and other prescribed mind altering medications.
- **Drugcare**
29 Upper Lattimore Road
St Albans
AL1 3UA
(01727) 861084 – confidential helpline
(01727) 834539 – for friends & family members
- **Families Anonymous**
Doddington & Rollo
Community Association
Charlotte Despard Avenue
Battersea
London
SW11 5HD
(020) 7498 4680 or
(0845) 1200660
1-5 pm, Mon-Fri

Runs groups in UK for families and friends of those with a drug problem.
- **Lifeline**
101-103 Oldham Street
Manchester
M4 1LW
(0161) 8392054 Mon-Fri, 9.30 am-5 pm

Advice for drug users and families and friends.
- **Narcotics Anonymous**
202 City Road
London
EC1V 9LT
(020) 77300009
- **National Drugs Helpline**
0800 776600

Free 24hr helpline for information and advice.
- **Release Helpline**
388 Old Street
London
EC1V 9LT
(020) 76038654- 24 hr
(020) 77299904 – advice line, 10 am-6 pm

24hr helpline for drug users with legal and welfare problems.
- **Re-Solv**
30a High Street
Stone
Staffordshire
ST15 8AW
(01785) 817885
(01785) 813205 – fax
(0808) 8002345 – helpline

For people experiencing solvent abuse.
- **Royal College of Nursing Substance Misuse Forum**
20 Cavendish Square
London
W1M 0AB
(020) 74033333

Forum for nurses working with drug users.
- **Royal College of Psychiatrists Substance Misuse Section**
17 Belgrave Square
London
SW1X 8PG
(020) 72352351

Forum for psychiatrists working with drug users.
- **Solvent Abuse Resource Group**
68 Darwen Street
Blackburn
BB1 6BE
(01254) 677493

ADDICTIONS - DRUGS

- **TASHA**
Robin Wellsely
Alexandra House
241 High Street
Brentford
Middlesex
TW8 0ME
(0208) 5699933
(0208) 5680062 – fax
(0208) 5606601 -
helpline

*Benzodiazepine or
sleeping pill addiction.*

- **The Institute for the
Study of Drug
Dependence (ISDD)**
32 Loman Street
London
SE1 0EE
(020) 79281211

*Library and information
service.*

- **The Standing
Conference on Drug
Abuse (SCODA)**
32 Loman Street
London
SE1 0EE

SECTION 4.3

- **Tranquilliser Advice
and Support Project**
1 Mosley Street
Newcastle-upon-Tyne
(0191) 2343486

- **Turning Point**
Head Office
New Loom House
101 Backchurch Lane
London
E1 1LU
(020) 77022300

*National network of
residential and day
services.*

CONTACT INFORMATION FOR LOCAL ORGANISATIONS/SUPPORT GROUPS

(a) BARROW & ULVERSTON AREAS

- **Community Drug and Alcohol Service**
1 Abbey Road
Barrow-In-Furness
(01229) 814514
- **Cumbria Alcohol and Drug Service (CADAS)**
88 Scott Street
Barrow-In-Furness
(01229) 837592
- **Furness Drug and Alcohol Concern**
52 Paradise Street
Barrow-In-Furness
LA14 1JG
(01229) 811111
24-hour
answerphone

(b) KENDAL & SOUTH LAKES AREAS

- **Cumbria Alcohol and Drug Advisory Service (CADAS)**
Stricklandgate House
92 Stricklandgate
Kendal
LA9 4PU
(01539) 734343
- **Drug & Alcohol Team**
Kinta House
Helme Close
Burton Road
Kendal
LA9 7HY
(01539) 732059

(c) OTHER AREAS

- **Cumbria Alcohol and Drug Advisory Service (CADAS)**
1 Fisher Street
Carlisle
CA3 8RR
(01228) 544140

INTERNET RESOURCES

(a) UK INTERNET ADDRESSES

- **Cocaine Anonymous (CA)**
e-mail: info@cauk.org.uk
- **Drug Information Website for Service Users**
<http://www.nmhc.co.uk>
- **Re-Solv**
www.re-solve.org

(b) INTERNATIONAL INTERNET ADDRESSES

- **Commonly Abused Drugs: Street Names for Drugs of Abuse**
<http://www.nida.nih.gov/DrugsofAbuse.html>
- **Drug/Alcohol Brochures**
<http://www.uiuc.edu/departments/mckinley/health-info/drugs-alc/drugs-alc.html>
- **National Institute on Drug Abuse**
<http://www.nida.nih.gov>
- **Public and Research Views of Dual-Diagnosis Explored**
<http://www.mhsource.com/pt/p950536.html>
- **QuickDocs**
<http://www.health.org/pubs/qdocs/index.htm>
- **The Do It Now Foundation**
<http://www.doitnow.org/pages/pubhub.html>

FAMILY AND CARER RESOURCES

(a) LEAFLETS

- Families Anonymous**
 Contact Address: Doddington & Rollo
 Community Association
 Charlotte Despard Avenue
 Battersea
 London
 SW11 5HD
 Contact No: (020) 74984680
 - Introducing Families Anonymous To The Professional Community
 - Where To Find Families Anonymous
 - Families Anonymous: How To Start A Group
 - Families Anonymous Literature Price List and Order Form
- Health Education Authority**
 Contact Address: Trevelyan House
 30 Great Peter Street
 London
 SW1P 2HW
 Contact No: (01235) 465565
 - A Parent's Guide to Drugs & Alcohol
 - A Parent's Guide to Drugs and Solvents
- Mind**
 Contact Address: 15-19 Broadway
 London
 E15 4BQ
 Contact No: (020) 85192122
 - Understanding Dual Diagnosis
 - Understanding the Psychological Effects of Street Drugs
- Signpost**
 Contact Address: 21 Washington Street
 Workington
 Cumbria
 CA14 3AW
 Contact No: (01900) 870034
 - Information Leaflet: Confidential 24 Hour for Family & Friends of Drug/Alcohol misusers

(b) CONTACT INFORMATION FOR NATIONAL ORGANISATIONS/SUPPORT GROUPS

- | | | |
|--|--|--|
| <ul style="list-style-type: none"> ADFAM National
 Waterbridge House
 32-36 Loman Street
 London
 SE1 0EE
 (020) 79288900 | <ul style="list-style-type: none"> Families Anonymous
 Doddington & Rollo
 Community Association
 Charlotte Despard
 Avenue
 Battersea
 London
 SW11 5HD
 (020) 7498 4680 or
 (0845) 12006601-5 pm,
 Mon-Fri | <ul style="list-style-type: none"> Lifeline
 101-103 Oldham Street
 Manchester
 M4 1LW
 (0161) 8392054 |
| <ul style="list-style-type: none"> Drugcare
 29 Upper Lattimore Road
 St Albans
 AL1 3UA
 (01727) 834539 – for
 friends & family members | | |

ADDICTIONS - DRUGS

SECTION 4.6

(c) CONTACT INFORMATION FOR LOCAL ORGANISATIONS/SUPPORT GROUPS

BARROW & ULVERSTON AREAS

- **Community Drug and Alcohol Service**
1 Abbey Road
Barrow-In-Furness
(01229) 814514
- **Furness Drug and Alcohol Concern**
52 Paradise Street
Barrow-In-Furness
LA14 1JG
(01229) 811111 24-hour
answerphone

OTHER AREAS

- **Cumbria Alcohol & Drug Service**
1 Fisher Street
Carlisle
CA3 8RR
(01228) 544140

5. ADDICTIONS - GAMBLING

SECTION NO.

5.1 WORKER RESOURCES

- (a) Books
- (b) Leaflets

5.2 CLIENT RESOURCES

- (a) Books
- (b) Leaflets

5.3 CONTACT INFORMATION FOR NATIONAL ORGANISATIONS/SUPPORT GROUPS

5.4 CONTACT INFORMATION FOR LOCAL ORGANISATIONS/SUPPORT GROUPS

- (a) Kendal & South Lakes Areas
- (b) Other Areas

5.5 INTERNET RESOURCES

- (a) UK Internet Addresses
- (b) International Internet Addresses

5.6 FAMILY & CARER RESOURCES

- (a) Contact Information For National Organisations/Support Groups

SEE ALSO CROSS-REFERENCES:

- Addictions – Alcohol
- Addictions – Drugs

WORKER RESOURCES

(a) BOOKS

- CODEPENDENCY: HOW TO BREAK FREE AND LIVE YOUR OWN LIFE
Price: £8.99 **D. Stafford & L. Hodgkinson**
Publisher: London: Piatkus ISBN: 0 7499 1834 9

Feedback: *Focuses on understanding the problem and how to break free from addictions and relationships. Quite informative.*

- THE HEALING JOURNEY THROUGH ADDICTION **P. Rich & S. Copans**
Price: £12.95 ISBN: 0 471 38215 9
Publisher: Chichester: Wiley

Feedback: *This is a very user-friendly self-help book. It covers all kinds of addictions. It is written in a comprehensive and creative way on recovery from addictive disorders, addressing the many emotional, interpersonal and spiritual facets of recovery. Useful for clients and workers, with exercises included to increase self awareness and understanding*

(b) LEAFLETS

- **Gamcare**
Contact Address: Suite 1
25-27 Catherine Place
London
SW1E 6DU
Contact No: (020) 72338988
 - Popular Publications
 - An Introduction
 - A Guide to Gamcare Services and Procedures
 - Self-Help Guide for Problem Gamblers
 - Interventions for Gambling Dependency
 - Dealing with Debt: A Guide for Problem Gamblers
 - Self-Help Guide for Young Gamblers

CLIENT RESOURCES

(a) BOOKS

- **CODEPENDENCY: HOW TO BREAK FREE AND LIVE YOUR OWN LIFE**
Price: £8.99 **D. Stafford & L. Hodgkinson**
Publisher: London: Piatkus ISBN: 0 7499 1834 9

Feedback: *Focuses on understanding the problem and how to break free from addictions and relationships. Quite informative.*

- **THE HEALING JOURNEY THROUGH ADDICTION** **P. Rich & S. Copans**
Price: £12.95 ISBN: 0 471 38215 9
Publisher: Chichester: Wiley

Feedback: *This is a very user-friendly self-help book. It covers all kinds of addictions. It is written in a comprehensive and creative way on recovery from addictive disorders, addressing the many emotional, interpersonal and spiritual facets of recovery. Useful for clients and workers, with exercises included to increase self awareness and understanding*

(b) LEAFLETS

- **Gamcare**
Contact Address: Suite 1
25-27 Catherine Place
London
SW1E 6DU
Contact No: (020) 72338988
 - Popular Publications
 - An Introduction
 - A Guide to Gamcare Services and Procedures
 - Self-Help Guide for Problem Gamblers
 - Interventions for Gambling Dependency
 - Dealing with Debt: A Guide for Problem Gamblers
 - Self-Help Guide for Young Gamblers

CONTACT INFORMATION FOR NATIONAL ORGANISATIONS/SUPPORT GROUPS

- **Bankruptcy Association**
4 Johnson Close
Abraham Heights
Lancaster
LA1 5EU
(01524) 64305
(01524) 844001- fax

Help and advice for those in serious debt and bankruptcy.
- **Consumer Credit Counselling Service**
Wade House
Merrion Centre
Leeds
LS2
0800 1381111

For anyone with multiple debts.
- **Gamblers Anonymous**
PO Box 88
London
SW10 0EU
(020) 73843040

Provides literature, phone (0142) 6947800.
- **Gamcare**
Suite 1
Catherine House
Catherine Place
Westminster
London
SW1E 6DU
(020) 72338988
(020) 72339877- fax
(0847) 6000133 – helpline

Provides literature and support for people with gambling problems, their families and friends.
- **National Debtline**
318 Summer Lane
Birmingham
B19 3RL
(0808) 8084000

Advice on mortgage, rent and debt arrears.

CONTACT INFORMATION FOR LOCAL ORGANISATIONS/SUPPORT GROUPS

(a) KENDAL & SOUTH LAKES AREAS

- **Cumbria Alcohol and Drug Advisory Service (CADAS)**
Stricklandgate House
92 Stricklandgate
Kendal
LA9 4PU
(01539) 734343

(b) OTHER AREAS

- **Cumbria Alcohol and Drug Advisory Service**
1 Fisher Street
Carlisle
CA3 8RR
(01228) 544140

Can be contacted to arrange for a worker to come and support clients. Additionally, they may run groups.

INTERNET RESOURCES

(a) UK INTERNET ADDRESSES

- **Gamcare**
e-mail:
director@gamcare.org.uk
www.gamcare.org.uk

(b) INTERNATIONAL INTERNET ADDRESSES

- **Pathological Gambling**
<http://www.cme-reviews.com/pathologicalgambling.html>

FAMILY AND CARER RESOURCES

(a) CONTACT INFORMATION FOR NATIONAL ORGANISATIONS/SUPPORT GROUPS

- **Gamcare**
Suite 1
25-27 Catherine Place
Westminster
London
SW1E 6DU
e-mail: director@gamcare.org.uk
www.gamcare.org.uk

*Support for people with gambling problems,
their families and friends.*
- **Parents of Young Gamblers**
14 Jasmin Croft
Kings Heath
Birmingham
B14 5AX
(0121) 4432609

*For parents, carers and those working with
young people having difficulty with
compulsive gambling.*

6. ANGER

SECTION NO.

6.1 WORKER RESOURCES

- (a) Books
- (b) Leaflets

6.2 CLIENT RESOURCES

- (a) Books
- (b) Leaflets

6.3 CONTACT INFORMATION FOR NATIONAL ORGANISATIONS/SUPPORT GROUPS

6.4 INTERNET RESOURCES

- (a) UK Internet Addresses
- (b) International Internet Addresses

6.5 MENTAL HEALTH HANDBOOK EXTRACTS

- (a) Understanding Your Anger
- (b) Ways Of Managing Anger

SEE ALSO CROSS-REFERENCES:

- Abuse – Domestic/Physical Violence

WORKER RESOURCES

(a) BOOKS

- **ANGRY ALL THE TIME: A GUIDE TO EMERGENCY ANGER CONTROL**
Price: £10.99 **R. Potter-Efron**
Publisher: Oakland: New Harbinger ISBN: 1 479237 97 0

Feedback: *Useful for staff and clients. Very American but down to earth and to the point. Makes no reference to research, all what the author thinks. May be good for aggressive, down to earth people, possibly males.*

- **HOW TO CONTROL YOUR ANGER BEFORE IT CONTROLS YOU**
Price: £16.99 **A. Ellis & C. Tafrate**
Publisher: London: Hale ISBN: 0 7090 6544 2

Feedback: *Possibly useful for staff, contains basic Rational Emotive Behavioural Therapy principles of anger control but more suitable as a self-help book. Definitely useful for clients, particularly reasonably verbally intelligent clients doing supported work on anger or being introduced to the idea of anger control, contains useful self-help info. Good at challenging the cognitive / emotional style behind anger. Uses quite advanced language, a bit long winded but entertaining. Content accurate but limited to Rational Emotive Behavioural Therapy.*

- **LETTING GO OF ANGER: THE TEN MOST COMMON STYLES AND WHAT TO DO ABOUT THEM**
Price: £10.99 **R. Potter-Efron & P. Potter-Efron**
Publisher: Oakland: New Harbinger ISBN: 1 57224 001 6

Feedback: *Easy to read and actually use - practically based book. Isolates different 'anger styles' which make the subject manageable. Works at developing self awareness and plenty of ideas to work at change.*

- **MANAGING ANGER** **G. Lindenfield**
Price: £6.99 ISBN: 0 00 710034 5
Publisher: London: Thorsons

Feedback: *Useful for staff, practical ideas for helping people deal with anger. Useful for clients, particularly those with mild to moderate anger control problems. Geared to passive anger and possibly females. May be particularly good for females with inward anger. May be suitable for more severe aggressive / violent clients but probably not ideally suited to this group. Highly readable, very clear, simple language, readily available. Content good, sensible ideas based on accepted models of assertiveness. Definitely an ideal resource in primary mental health care, only goes so far but contains other book recommendations for further reading.*

- **OVERCOMING ANGER: WHEN ANGER HELPS AND WHEN IT HURTS**
Price: £6.99 **W. Dryden**
Publisher: London: Sheldon ISBN: 0 85969 713 4

Feedback: *Useful for staff and clients, particularly those who already have a basic knowledge of Cognitive Behavioural Therapy / Rational Emotive Behavioural Therapy. Strong Rational Emotive Behavioural Therapy model bias, clients would need to be willing to grasp these concepts. Emphasis on healthy and unhealthy anger. Short and precise.*

ANGER

SECTION 6.1

- SEEING RED AND FEELING BLUE

Price: £12.99

Publisher: London: Century

S. Aldridge

ISBN: 0 7126 8073 X

Feedback: *Useful for staff, not sure about clients, probably would not recommend it. Clients may get bogged down with it. Useful for information and understanding rather than practical self-help. Content accurate, goes into a lot of detail about history and research.*

- VIOLENT NO MORE: HELPING MEN END DOMESTIC ABUSE

Price: £14.99

Publisher: Canada: Hunter House

M. Paymar

ISBN: 0 89793 268 4

Feedback: *Useful for staff and clients, particularly men violent in relationships, domestic abuse. Would recommend this book with an explanation. Very American and frank.*

- WHEN ANGER HURTS

Price: £13.99

Publisher: Oakland: New Harbinger

M. McKay, P. Rogers & J. McKay

ISBN: 0 934986 76 2

Feedback: *Useful for staff and clients, particularly for professionals and clients with a good level of emotional intelligence. Good overall view on anger, also has chapters for others involved e.g., spouse. Seems well researched. Advises quite a complicated response strategy to managing anger.*

(b) LEAFLETS

- **MIND**

Contact Address: 15-19 Broadway
London
E15 4BQ

Contact No: (020) 85192122

- How to Deal With Anger

- **Northumberland Mental Health NHS Trust**

Contact Address: St George's Hospital
Morpeth
Northumberland
NE61 2NU

Contact No: (01670) 512121

- Controlling Anger: A Self-Help Guide

CLIENT RESOURCES

(a) BOOKS

- ANGRY ALL THE TIME: A GUIDE TO EMERGENCY ANGER CONTROL

Price: £10.99

R. Potter-Efron

Publisher: Oakland: New Harbinger

ISBN: 1 479237 97 0

Feedback: *Useful for staff and clients. Very American but down to earth and to the point. Makes no reference to research, all what the author thinks. May be good for aggressive, down to earth people, possibly males.*

- HOW TO CONTROL YOUR ANGER BEFORE IT CONTROLS YOU

Price: £16.99

A. Ellis & C. Tafrate

Publisher: London: Hale

ISBN: 0 7090 6544 2

Feedback: *Possibly useful for staff, contains basic Rational Emotive Behavioural Therapy principles of anger control but more suitable as a self-help book. Definitely useful for clients, particularly reasonably verbally intelligent clients doing supported work on anger or being introduced to the idea of anger control, contains useful self-help info. Good at challenging the cognitive / emotional style behind anger. Uses quite advanced language, a bit long winded but entertaining. Content accurate but limited to Rational Emotive Behavioural Therapy.*

- LETTING GO OF ANGER: THE TEN MOST COMMON STYLES AND WHAT TO DO ABOUT THEM

Price: £10.99

R. Potter-Efron & P. Potter-Efron

Publisher: Oakland: New Harbinger

ISBN: 1 57224 001 6

Feedback: *Easy to read and actually use - practically based book. Isolates different 'anger styles' which make the subject manageable. Works at developing self awareness and plenty of ideas to work at change.*

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Publisher: London: Thorsons

ISBN: 0 00 710034 5

Feedback: *Useful for staff, practical ideas for helping people deal with anger. Useful for clients, particularly those with mild to moderate anger control problems. Geared to passive anger and possibly females. May be particularly good for females with inward anger. May be suitable for more severe aggressive / violent clients but probably not ideally suited to this group. Highly readable, very clear, simple language, readily available. Content good, sensible ideas based on accepted models of assertiveness. Definitely an ideal resource in primary mental health care, only goes so far but contains other book recommendations for further reading.*

- OVERCOMING ANGER: WHEN ANGER HELPS AND WHEN IT HURTS

Price: £6.99

W. Dryden

Publisher: London: Sheldon

ISBN: 0 85969 713 4

Feedback: *Useful for staff and clients, particularly those who already have a basic knowledge of Cognitive Behavioural Therapy / Rational Emotive Behavioural Therapy. Strong Rational Emotive Behavioural Therapy model bias, clients would need to be willing to grasp these concepts. Emphasis on healthy and unhealthy anger. Short and precise.*

ANGER

SECTION 6.2

- THE ANGER WORKBOOK
Price: £9.95
Publisher: Minnesota: Hazelden

L. Bilodeau
ISBN: 1 56838 054 2

Feedback: *A useful self-help book for clients. It is clearly laid out and contains lots of exercises to help clients explore their anger.*

- VIOLENT NO MORE: HELPING MEN END DOMESTIC ABUSE
Price: £14.99
Publisher: Canada: Hunter House

M. Paymar
ISBN: 0 89793 268 4

Feedback: *Useful for staff and clients, particularly men violent in relationships, domestic abuse. Would recommend this book with an explanation. Very American and frank.*

- WHEN ANGER HURTS
Price: £13.99
Publisher: Oakland: New Harbinger

M. McKay, P. Rogers & J. McKay
ISBN: 0 934986 76 2

Feedback: *Useful for staff and clients, particularly for professionals and clients with a good level of emotional intelligence. Good overall view on anger, also has chapters for others involved e.g., spouse. Seems well researched. Advises quite a complicated response strategy to managing anger.*

(b) LEAFLETS

- **MIND**
Contact Address: 15-19 Broadway
London
E15 4BQ
Contact No: (020) 85192122
- **Northumberland Mental Health NHS Trust**
Contact Address: St George's Hospital
Morpeth
Northumberland
NE61 2NU
Contact No: (01670) 512121

- How to Deal With Anger

- Controlling Anger: A Self-Help Guide

CONTACT INFORMATION FOR NATIONAL ORGANISATIONS/SUPPORT GROUPS

- **Room for Growth**
91a Fortess Road
London
NW5 1AG
(020) 74285855

Runs anger management courses.

- **Spectrum**
7 Endymion Road
London
N4 1EE
(020) 83412277
(020) 83400426 – fax

Runs an anger management programme.

INTERNET RESOURCES

(a) UK INTERNET ADDRESSES

- **Room for Growth**
e-mail: mikefisher@roomforgrowth.co.uk
www.roomforgrowth.co.uk
- **Spectrum**
www.spectrumtherapy.co.uk

(b) INTERNATIONAL INTERNET ADDRESSES

- **Anger and Aggression**
<http://mentalhelp.net/psyhelp/chap7>
- **Controlling Anger – Before It Controls You**
<http://www.apa.org/pubinfo/anger.html>
- **When Anger Hurts**
<http://www.alzwell.com/Claues.html>

MENTAL HEALTH HANDBOOK EXTRACTS

Understanding Your Anger

**'Anger is the first emotion human beings experience
and the last we learn to manage'**

– Colleen Kelley –

■ Introduction

Anger is one of the first emotions we experience as very small babies. It is a natural emotion borne out of frustration and is a positive and constructive aid to survival. Its function is to provide us with a vital boost of physical and emotional energy just when we need it most. Anger can become a problem when it occurs too frequently, is too intense, lasts too long, when it leads to aggression, or when it disrupts our relationships. It has been said that anger wrecks more relationships than any other emotion. When our anger is creating problems for us either at work or at home we need to learn ways of controlling it.

Anger can be defined as an emotional state induced by an impulse to attack, defend or protect as a response to a perceived threat or challenge. That perceived threat or fear can be triggered by an insult, verbal abuse, physical assault, frustration, injustice, unfairness, criticism or annoyance. Anger is often the emotional reaction to very basic, childlike feelings of loss, hurt, abandonment or failing to get a basic need met.

When we get angry a subtle chain of observable events occurs. We may think that we just 'snap', but that is not the case. That chain includes

- a** an external trigger when something happens,
- b** our interpretation of that trigger which is the thought or mental statement we make to ourselves,
- c** our increased level of physical arousal (muscles tense, heartbeat increased, breathing becoming more rapid).

Often this chain of events occurs so quickly and automatically we are not aware of what has gone on. Anger management is about recognising, breaking down and altering this sequence of events.

■ Principles of anger management

- 1** Aggression is a learnt behaviour which can be changed. Although we are all born with a potential to be aggressive we learn ways of channelling that impulse and behaving.
- 2** Our core beliefs and our thoughts affect the way we behave. For example if we believed that 'life should always be fair', we would be continuously disappointed, frustrated and angry. The more 'shoulds', 'oughts' and high expectations we hold, the greater the tendency to get angry.
- 3** If we can become more aware of and understand our thinking patterns and beliefs, and alter them, we can reduce our tendency to become angry.
- 4** Anger has a physiological component. If we can become more aware of increasing levels of arousal such as increased heart rate and muscle tension we can use coping strategies to reduce this arousal, eg. relaxation.
- 5** Identification of the triggers that make us feel angry helps us to anticipate and cope better as they arise.
- 6** Loss of control is usually a result of a build up of small irritants that have not been dealt with. These may be external factors, such as financial worries, internal factors such as high expectations for ourselves, and interpersonal difficulties, such as relationship problems. Sometimes a final trigger, or 'last straw', can be something relatively minor.
- 7** Anger is fuelled by an unbalanced, stressful, unhealthy lifestyle that does not have enough pleasures. We are more likely to get angry if we are already 'wound up'.
- 8** Anger is often the result of poor problem solving, a limited repertoire of responses or difficulty in thinking of other ways of dealing with the situation.
- 9** Anger can be a positive and empowering emotion if used constructively.

- ① **Carry out a cost-benefit analysis:** List all the benefits (positive consequences) and costs (negative benefits) of losing your temper. Then imagine the benefits and costs of not getting angry.
- ② **Express yourself assertively:** Ventilating your feelings at the time reduces the tendency for anger and resentment to build up and eventually explode. Practise saying, 'I feel angry because . . .' and own your own anger.
- ③ **Anticipate the triggers:** Keep a personal anger diary. Record the external triggers, your own thoughts, feelings and behaviour, and the effectiveness of various coping strategies. Then try and identify a pattern, count frequency and monitor change.
- ④ **Identify and express the feeling beneath the anger:** (eg, hurt, fear, rejection, threat). For example, a father gets angry with his adolescent step-daughter for criticising him. The feeling of anger is covering up a feeling of hurt and rejection. How much better would it be for that man to say, 'It really hurts me when you say that'. Such a reaction has a much less negative consequence.
- ⑤ **Identify and challenge your rigid 'should' beliefs:** Examine the core beliefs underlying your anger. It is not other people who make you angry, rather you make yourself angry because of a cluster of beliefs that you have in your head. Research suggests that there is over-use of the 'should' word. Common beliefs include; 'I *should*, must, or ought to be treated in a particular way', 'People *should* behave in a particular way', 'the world *should* be just and fair'. Alongside this, there are also beliefs that, 'who ever has done this to me *should* be chastised or punished in some way'. The more rigid these beliefs, the more likely that there will be frustration and a surge of anger. Identify and challenge some of these beliefs, soften them up, try to substitute 'it would be nice if' for 'should'. Alternatively, ask yourself 'why should this be so?'
- ⑥ **Prepare positive self-statements:** This involves identifying key thoughts that you can write down and then repeat to yourself at times of high provocation. An example might be a parent trying to prevent himself from getting angry with his children. The three key self statements all begin with the letter 'C', which makes recall easier: 'they are just children, just playing', 'this is a real challenge, treat it as a challenge', 'stay calm, try to stay relaxed'. Other key self statements might include, 'don't take it personally', or, 'I don't need to prove myself'. If you can conjure up these thoughts in that split second before anger takes off, you may be able to stay in control.
- ⑦ **Learn to relax:** Learn a muscle relaxation exercise.
- ⑧ **Manage your stress:** Do not allow unfinished business to build up, look after your own needs, maintain a balance in your life.
- ⑨ **Develop a calming routine:** If you notice yourself getting physically tense this should be your cue to go through the following routine.
 - a Speech – speak slowly in a calm voice.
 - b Distance – take a few steps backwards.
 - c Relax your muscles – drop your shoulders, loosen your hands, relax your jaw.
 - d Slow breathing – take 2 or 3 slow, deep breaths, from your stomach not your chest.
 - e Distraction – count to ten or imagine a peaceful scene.
 - f Humour – attempt to see the funny side of the situation.
 - g Put yourself in the other person's shoes.
- ⑩ **Be Prepared:** Prepare and rehearse how you will react in difficult situations
- ⑪ **Leave the situation:** If you feel you are 'losing it', remove yourself from the situation and allow yourself to calm down before returning.

7. ANOREXIA NERVOSA

SECTION NO.

7.1 WORKER RESOURCES

- (a) Books
- (b) Leaflets

7.2 CLIENT RESOURCES

- (a) Books
- (b) Leaflets

7.3 CONTACT INFORMATION FOR NATIONAL ORGANISATIONS/SUPPORT GROUPS

7.4 CONTACT INFORMATION FOR LOCAL ORGANISATIONS/SUPPORT GROUPS

- (a) Barrow & Ulverston Areas

7.5 INTERNET RESOURCES

- (a) UK Internet Addresses
- (b) International Internet Addresses
- (c) Online Support Groups

7.6 FAMILY & CARER RESOURCES

- (a) Books
- (b) Leaflets
- (c) Internet Resources

7.7 MENTAL HEALTH HANDBOOK EXTRACTS

- (a) Anorexia Nervosa

SEE ALSO CROSS-REFERENCES:

- Addictions – Alcohol
- Addictions – Drugs
- Bulimia Nervosa
- Depression
- Protocol For The Treatment Of Eating Disorders In Primary Care (See Appendix 1.3)

WORKER RESOURCES

(a) BOOKS

- **ANOREXIA: GUIDELINES FOR ASSESSMENT & TREATMENT IN PRIMARY & SECONDARY CARE**
 Price: £9.95
 Publisher: Hove: Psychology Press
A.H. Crisp & L. McClelland
 ISBN: 0 86377 409 1
Feedback: *For workers, short, concise outline.*
- **ANOREXICS ON ANOREXIA**
 Price: 13.95
 Publisher: London: Jessica Kingsley
R. Shelley (Editor)
 ISBN: 1 85302 471 6
Feedback: *Useful for staff education, clients and their families. This book communicates the meaning of the value of anorexia to the person who has it.*
- **LET ME BE**
 Price: £9.95
 Publisher: London: Erlbaum
A.H. Crisp
 ISBN: 0 86377 383 4
Feedback: *Useful mainly to professionals but also clients. Well researched, informative, with case examples.*
- **MIND OVER MOOD**
 Price: £14.95
 Publisher: London: Guilford
D. Greenberger & C.A. Padesky
 ISBN: 0 89862 128 3
Feedback: *Although not specific to eating disorders, this is a clear, well laid out book based on Cognitive Therapy methods. It includes a true self-help text in which easy yet profound, exercises lead readers to deeper understanding and sense of control over their inner lives.*

(b) LEAFLETS

- **Eating Disorders Association** - Understand Anorexia & Bulimia Nervosa
 Contact Address: First Floor
 Wensum House
 103 Prince of Wales Road
 Norwich
 NR1 1DW
 Contact No: (01603) 619090
- **MIND** - Eating Distress
 Contact Address: 15-19 Broadway
 London
 E15 4BQ
 Contact No: (020) 85192122
- **Royal College of Psychiatrists** - Anorexia & Bulimia
 Contact Address: 17 Belgrave Square
 London
 SW1X 8PG
 Contact No: (020) 72352351

CLIENT RESOURCES

(a) BOOKS

- ANOREXIA NERVOSA AND THE WISH TO CHANGE
Price: £9.95 **A.H. Crisp, N. Joughlan, C. Halek & C. Bayer**
Publisher: Hove: Psychology Press ISBN: 0 86377 408 3

Feedback: *Geared to clients and their families. Good practical explanations and self-help exercises. Requires motivation from the client.*
- ANOREXICS ON ANOREXIA **R. Shelley (Editor)**
Price: 13.95 ISBN: 1 85302 471 6
Publisher: London: Jessica Kingsley

Feedback: *Useful for staff education, clients and their families. This book communicates the meaning of the value of anorexia to the person who has it.*
- FAT IS A FEMINIST ISSUE **S. Orbach**
Price: Not Known ISBN: 0 09 938830 8
Publisher: Arrow

Feedback: *This is a useful publication presented from a feminist perspective.*
- LET ME BE **A.H. Crisp**
Price: £9.95 ISBN: 0 86377 383 4
Publisher: London: Erlbaum

Feedback: *Useful mainly to professionals but also clients. Well researched, informative, with case examples.*
- MIND OVER MOOD **D. Greenberger & C.A. Padesky**
Price: £14.95 ISBN: 0 89862 128 3
Publisher: London: Guilford

Feedback: *Although not specific to eating disorders, this is a clear, well laid out book based on Cognitive Therapy methods. It includes a true self-help text in which easy yet profound, exercises lead readers to deeper understanding and sense of control over their inner lives.*

ANOREXIA NERVOSA

SECTION 7.2

(b) LEAFLETS

- **Eating Disorders Association** - Understand Anorexia & Bulimia Nervosa
Contact Address: First Floor
Wensum House
103 Prince of Wales Road
Norwich
NR1 1DW
Contact No: (01603) 619090
- **MIND** - Eating Distress
Contact Address: 15-19 Broadway
London
E15 4BQ
Contact No: (020) 85192122
- **Royal College of Psychiatrists** - Anorexia & Bulimia
Contact Address: 17 Belgrave Square
London
SW1X 8PG
Contact No: (020) 72352351

CONTACT INFORMATION FOR NATIONAL ORGANISATIONS/SUPPORT GROUPS

- **Anorexia & Bulimia Nervosa Association**
Tottenham Women & Health Centre
Annexe C
Tottenham Town Hall
Tottenham
N15 4RB
(020) 84890000 - Town Hall
switchboard
- **Centre for Eating Disorders (Scotland)**
3 Sciennes Road
Edinburgh
EH9 1LE
(0131) 6683051
e-mail: maryhart@aol.com
- **Eating Disorders Association**
First Floor
Wensum House
103 Prince of Wales Road
Norwich
Norfolk
NR1 1DW
(01603) 619090 – admin
(01603) 624310 – media
(01603) 664915 – fax
- **Northern Initiative on Women and Eating**
Room 5
1 Pink Lane
Newcastle-upon-Tyne
NE1 5DW
(0191) 2210233 – Mon– Fri, 9 am–3 pm.
- **The Advocacy Project**
Contact: Helen
The Advocacy Project
PO Box 31
Middlesbrough
Cleveland
TS4 2JJ
(01642) 244771 – advocacy line
(01642) 225787 – counselling line (Mon &
Thu, 12 noon–7.30 pm, Tue & Wed,
9 am–4.40 pm, Fri, 9 am–4 pm)

They will send some free information.

CONTACT INFORMATION FOR LOCAL ORGANISATIONS/SUPPORT GROUPS

(a) BARROW & ULVERSTON AREAS

- **Furness Eating Disorders Support Group**
St Mary's Parish Church Centre
Church Street
Dalton-In-Furness
Cumbria
(01229) 475177 – 10 am-1 pm, Mon
(01229) 463019 – 7-9 pm, Wed

INTERNET RESOURCES

(a) UK INTERNET ADDRESSES

- **Anorexia and Bulimia**
http://www.rcpsych.ac.uk/public/help/anor/anor_frame.htm
- **Centre for Eating Disorders (Scotland)**
e-mail: maryamhart@aol.com
- **Eating Disorders Association**
e-mail: info@edauk.com
www.edauk.com
or:
www.gurney.co.uk/eda/
www.serpell.com/freat.htm

(b) INTERNATIONAL INTERNET ADDRESSES

- **Anorexia Nervosa and Related Eating Disorder**
<http://www.anred.com>
- **Eating Disorders Awareness and Prevention**
<http://www.edap.org>
- **Anorexia Nervosa General Information**
<http://mentalhelp.net/factsfam/anorexia.htm>
- **Harvard Eating Disorders Center**
<http://www.hedc.org/about.html>
- **How You Can Help Someone With An Eating Disorder**
<http://closetoyou.org/eatingdisorders/familyhelp.htm#PowerStruggles>
- **Mental Health Net, Eating Disorders**
<http://mentalhelp.net/guide/eating.htm>

(c) ONLINE SUPPORT GROUPS

- **Support-Group.com**
http://www.support-group.com/cgi-bin/sg/get_links?eating_disorders

FAMILY AND CARER RESOURCES

(a) BOOKS

- **ANOREXIA NERVOSA AND THE WISH TO CHANGE**
 Price: £9.95 **A.H. Crisp, N. Joughlan, C. Halek & C. Bayer**
 Publisher: Hove: Psychology Press ISBN: 0 86377 408 3

Feedback: *Geared to clients and their families. Good practical explanations and self-help exercises. Requires motivation from the client.*
- **ANOREXICS ON ANOREXIA** **R. Shelley (Editor)**
 Price: 13.95 ISBN: 1 85302 471 6
 Publisher: London: Jessica Kingsley

Feedback: *Useful for staff education, clients and their families. This book communicates the meaning of the value of anorexia to the person who has it.*

(b) LEAFLETS

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 Contact Address: First Floor
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 103 Prince of Wales Road
 Norwich
 NR1 1DW
 Contact No: (01603) 619090
- **MIND** - Eating Distress
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 Contact No: (020) 85192122
- **Royal College of Psychiatrists** - Anorexia & Bulimia
 Contact Address: 17 Belgrave Square
 London
 SW1X 8PG
 Contact No: (020) 72352351

(c) INTERNET RESOURCES

- How You Can Help Someone With An Eating Disorder
<http://closetoyou.org/eatingdisorders/familyhelp.htm#PowerStruggles>

MENTAL HEALTH HANDBOOK EXTRACTS

What is anorexia nervosa?

- ① Anorexia nervosa is a condition where the individual either refuses to eat an adequate amount of nourishing food or, by using laxatives or vomiting, doesn't allow ingested food time to be absorbed, resulting in emaciation. The condition occurs mainly in females (20:1), and the common age of onset is usually between 13 and 18 years, although it can occur later.
- ② The potential anorexic is typically introverted, sensitive and isolated, and tries to live up to the expectations of others. She (or he) becomes withdrawn, feels helpless and depressed. Family and cultural influences give her the idea that losing weight will alleviate her distress. Initial successful weight loss results in feelings of self-control and is positively encouraged by others. This is soon followed by a fear of weight gain.
- ③ This self-destructive behaviour is often accompanied by a denial of concern over health. Patients may not recognise that they need help. Self-imposed starvation is a result of an overwhelming fear of increasing weight and losing control over appetite.
- ④ Behind the eating behaviour, there are often numerous fears and anxieties. Often, with adolescent girls, there is a fear of growing up and assuming responsibility for themselves, or they may have a low opinion of themselves compared with others. For older women, there may be anxieties connected with pregnancy or dissatisfaction with their partner. Underlying most eating disorders is a low self-esteem and a tendency to link self worth to body weight and shape.
- ⑤ Anorexia always arises in a social context, and so refusal to eat reflects a refusal to communicate deep, still unacceptable,

feelings to others. In turn the parents' or partner's reaction is initially one of puzzlement which then changes to hurt, anger and hopelessness. A vicious circle quickly arises where each side's behaviour is making the situation worse.

Treatment of anorexia nervosa

- ① Treatment consists of two stages. The first priority is for the patient to gain weight. A target weight to work towards should be negotiated – 90 per cent of average for age, height, weight and sex is usual. Food intake needs to be monitored, regular meals need to be established, high-calorie supplement and energy-rich drinks need to be made part of the diet. Efforts to bully and cajole the patient into gaining weight are inappropriate. Patients are often admitted to hospital and involved in a behavioural regime initially involving bed rest where weight gain is linked to winning certain privileges, such as using the telephone or going for a walk. The patient is weighed each day at the same time.
- ② The second stage involves psychotherapy with the patient and sometimes with the family. The function of the patient's behaviour is an important issue to explore. Is the anorexia becoming a focus for the family's energy and holding together a shaky parental marriage? Is the patient's role being subtly reinforced by a partner who wants his wife to be dependent on him?
- ③ Challenge the patient to reconsider the links between self-esteem and body weight. Rebuild self-esteem. Challenge 'perfectionism' and 'all or nothing' thinking.
- ④ Treating anorexia is a long-term effort and requires patience and understanding from all involved.

8. ANXIETY & STRESS

SECTION NO.

8.1 WORKER RESOURCES

- (a) Books
- (b) Leaflets
- (c) Tapes
- (d) CD-ROMS

8.2 CLIENT RESOURCES

- (a) Books
- (b) Leaflets
- (c) Tapes
- (d) Videos
- (e) CD-ROMS

8.3 CONTACT INFORMATION FOR NATIONAL ORGANISATIONS/SUPPORT GROUPS

8.4 CONTACT INFORMATION FOR LOCAL ORGANISATIONS/SUPPORT GROUPS

- (a) Barrow & Ulverston Areas
- (b) Kendal & South Lakes Areas

8.5 INTERNET RESOURCES

- (a) UK Internet Addresses
- (b) International Internet Addresses

8.6 FAMILY & CARER RESOURCES

- (a) Leaflets
- (b) Videos
- (c) Internet Resources

8.7 MENTAL HEALTH HANDBOOK EXTRACTS

- (a) Models For Understanding Stress
- (b) Ideas For Coping With Stress
- (c) Understanding Panic Attacks 1
- (d) Coming Off Tranquillisers

8. ANXIETY & STRESS

SEE ALSO CROSS-REFERENCES:

- Addictions - Alcohol
- Addictions – Drugs
- Bereavement & Loss
- Depression
- Obsessive Compulsive Disorder (OCD)
- Panic
- Phobias
- Post Traumatic Stress Disorder (PTSD)
- Protocol For The Treatment Of Anxiety In Primary Care (See Appendix 1.1)

WORKER RESOURCES

(a) BOOKS

- ANXIETY PACK

**Psychology Department,
Morecambe Bay Primary Care
NHS Trust**
Contact No: (01229) 825452

Feedback: *A very useful resource for clients, their families and staff working with clients. The set comprises of 7 separate booklets covering; understanding stress and anxiety, lifestyle factors, physical anxiety symptoms, thoughts and behaviours. The booklets use case examples and self-help exercises throughout.*

- COPING WITH ANXIETY AND DEPRESSION **S. Trickett**
Price: £6.99 ISBN: 0 85969 762 2
Publisher: London: Sheldon
- FEEL THE FEAR AND DO IT ANYWAY **S. Jeffers**
Price: £6.99 ISBN: 0 7126 7105 6
Publisher: London: Rider

Feedback: *A very good self-help resource for clients.*

- LIVING WITH FEAR **I.M. Marks**
Price: £14.99 ISBN: 0 07 040396 1
Publisher: Berkshire: McGraw-Hill

Feedback: *A very good self-help manual for both staff and clients covering an overall understanding and coping with anxiety. Divided into sections on depressive disorders and anxiety, phobic disorders, obsessive-compulsive problems: also includes chapters on treatment and self-help with case examples throughout.*

- MANAGING ANXIETY: A TRAINING MANUAL **H. Kennerley**
Price: £26.50 ISBN: 0 19 262442 3
Publisher: Oxford: Oxford University Press

Feedback: *A useful manual for staff education, sets out an approach which involves teaching self-help skills to anxious individuals so that they can take control of their own anxiety symptoms. Well presented with case examples and information sheets.*

- MANAGING ANXIETY: A USER'S MANUAL **H. Kennerley**
Price: £12.00 ISBN: 0 19 2619128
Publisher: Oxford: Oxford University Press

- MIND OVER MOOD **D. Greenberger & C.A. Padesky**
Price: £14.95 ISBN: 0 89862 128 3
Publisher: London: Guilford

Feedback: *Very useful for staff and clients. This is a clear, well laid out book based on Cognitive Therapy methods. It includes a true self-help text in which easy yet profound, exercises lead readers to deeper understanding and sense of control over their inner lives.*

ANXIETY & STRESS

SECTION 8.1

- **THE ANXIETY AND PHOBIA WORKBOOK**
Price: £16.99
Publisher: Canada: New Harbinger

E.J. Bourne
ISBN: 1 57224 223 X

Feedback: *This holistic approach workbook is useful for both staff education and clients. It offers a practical and comprehensive guide to anyone struggling with panic, anxiety and phobias. Contains several self-help exercises.*

- **THE FEELING GOOD HANDBOOK**
Price: £18.50
Publisher: London: Penguin

D. Burns
ISBN: 0 452 28132 6

Feedback: *Useful for both staff and clients but self-help exercises probably make it more useful for clients. Some clients may not be familiar with some of the terms used as they are American. Content very good, easy to read. Good for clients who are motivated to engage in self-help and prepared to do the exercises, and clients who are aware of their feelings. Some people may be put off by the size of the book.*

(b) LEAFLETS

- **Cumbria Stress Information Network**
Contact Address: c/o Duddon House
Fairfield Lane
Barrow-In-Furness
Cumbria
LA13 9AZ
Contact No: (01229) 430333

- Any Crack?
- Cumbrian Communities
Under Pressure Pack

- **Health of the Nation**
Contact Address: Mental Illness
PO Box 643
Bristol
BS99 1UU
Contact No: 0800 665544

- A Guide to Mental Health in
the Workplace

- **Mind**
Contact Address: 15-19 Broadway
London
E15 4BQ
Contact No. (020) 85192122

- Surviving Working Life
- The Mind Guide to Managing
Stress
- Understanding Anxiety
- How To Stop Worrying
- How To Look After Yourself

- **No Panic**
Contact Address: 93 Brands Farm Way
Telford
Shropshire
TF3 2JQ
Contact No: (01952) 590005

- Telephone Recovery Group
Service
- The Facts

ANXIETY & STRESS

SECTION 8.1

- **Northumberland Mental Health NHS Trust** - Stress
Contact Address: St George's Hospital
Morpeth
Northumberland
NE61 2NU
Contact No: (01670) 512121
- **PAX** - An Introduction to PAX
Contact Address: 4 Manor Brook
Blackheath
London
SE3 9AW
Contact No: (020) 83185016
- **This Morning** - Stress factsheet
Contact Address: PO Box 1000
Manchester
M60 3JD
Contact No: (0161) 2777000

(c) TAPES

- **LEARN TO RELAX** **M. George**
Price: £3.99
Publisher: Not Known
Contact Address: Not Known
Contact No: Not Known

Feedback: *Illustrative, quite spiritual and 'alternative'. Self-help instructions make it useful for clients. Easy to use, relaxation techniques are achievable. Exercises useful: relaxation, visualisation and meditation. Concerns expressed about giving to people with fear of open spaces or heights.*
- **MUSCLE RELAXATION** **No Panic**
Price: £5.00
Publisher: Not Known
Contact Address: 93 Brands Farm Way
Telford
Shropshire
TF3 2JQ
Contact No: (01952) 590545
- **RELAX YOUR BODY** **M. McKay & P. Fanning**
Price: £6.99
Publisher: Canada: New Harbinger
Contact Address: 5674 Shattuck Avenue
Oakland
Canada
94609
Contact No: 1 800 748 6273
ISBN: 1 57224 095 4

ANXIETY & STRESS

SECTION 8.1

- RELIEVE YOUR WORRY

Price: £6.99
Publisher: Canada: New Harbinger
Contact Address: 5674 Shattuck Avenue
Oakland
Canada
94609
Contact No: 1 800 748 6273

M. McKay & P. Fanning

ISBN: 1 57224 098 9

Feedback: *Possibly useful for staff. Useful for clients. Content contains good explanations with cognitive bias which is well portrayed. Some sections are quite technical, but overall a good resource. Useful for compulsive worriers and people who can't relax. Some concern about giving it to people with panic attacks.*

(d) CD-ROMS

- RESTORING THE BALANCE

Price: £25.00
Publisher: London: The Mental Health
Foundation
Contact Address: 20-21 Cornwall Terrace
London
NW1 4QL
Contact No: (020) 75357400

Mental Health Foundation

ISBN: 0 90 01944 777

Feedback: *Useful for staff and clients. Content accurate though brief. May be particularly good for clients with milder anxiety and depression who are computer literate. Addresses how to move away from depression and anxiety using a Cognitive Behavioural Therapy framework.*

CLIENT RESOURCES

(a) BOOKS

- ANXIETY PACK

**Psychology Department,
Morecambe Bay Primary Care
NHS Trust**
Contact No: (01229) 825452

Feedback: *A very useful resource for clients, their families and staff working with clients. The set comprises of 7 separate booklets covering; understanding stress and anxiety, lifestyle factors, physical anxiety symptoms, thoughts and behaviours. The booklets use case examples and self-help exercises throughout.*

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Publisher: London: Sheldon
- FEEL THE FEAR AND DO IT ANYWAY **S. Jeffers**
Price: £6.99 ISBN: 0 7126 7105 6
Publisher: London: Rider

Feedback: *A very good self-help resource for clients.*

- LEARN TO RELAX **M. George**
Price: £10.99 ISBN: 1 900131 21 8
Publisher: London: Duncan Baird

Feedback: *This illustrated book for conquering stress includes methods based on eastern approaches to relaxation such as mantras, mandalas and yoga. Not particularly helpful for anxiety or panic attacks.*

- LIVING WITH FEAR **I.M. Marks**
Price: £14.99 ISBN: 0 07 040396 1
Publisher: Berkshire: McGraw-Hill

Feedback: *A very good self-help manual for both staff and clients covering an overall understanding and coping with anxiety. Divided into sections on depressive disorders and anxiety, phobic disorders, obsessive-compulsive problems: also includes chapters on treatment and self-help with case examples throughout.*

- MANAGING ANXIETY: A USER'S MANUAL **H. Kennerley**
Price: £12.00 ISBN: 0 19 2619128
Publisher: Oxford: Oxford University Press
- MIND OVER MOOD **D. Greenberger & C.A. Padesky**
Price: £14.95 ISBN: 0 89862 128 3
Publisher: London: Guilford

Feedback: *Very useful for staff and clients. This is a clear, well laid out book based on Cognitive Therapy methods. It includes a true self-help text in which easy yet profound, exercises lead readers to deeper understanding and sense of control over their inner lives.*

ANXIETY & STRESS

SECTION 8.2

- STRESS, ANXIETY, DEPRESSION: A PRACTICAL WORKBOOK

Price: £22.95

Publisher: Oxon: Winslow Press

M. Simmon & P. Daw

ISBN: 0 86388 4156

Feedback: *Useful for clients. Facilitators of an anxiety management group found it a useful resource, liked the feel of the book, well set out, clearly broken down into sections and had some good ideas.*

- THE ANXIETY AND PHOBIA WORKBOOK

Price: £16.99

Publisher: Canada: New Harbinger

E.J. Bourne

ISBN: 1 57224 223 X

Feedback: *This holistic approach workbook is useful for both staff education and clients. It offers a practical and comprehensive guide to anyone struggling with panic, anxiety and phobias. Contains several self-help exercises.*

- THE FEELING GOOD HANDBOOK

Price: £18.50

Publisher: USA: Plume Books

D. Burns

ISBN: 0 452 28132 6

Feedback: *Useful for both staff and clients but self-help exercises probably make it more useful for clients. Some clients may not be familiar with some of the terms used as they are American. Content very good, easy to read. Good for clients who are motivated to engage in self-help and prepared to do the exercises, and clients who are aware of their feelings. Some people may be put off by the size of the book.*

(b) LEAFLETS

- **Cumbria Stress Information Network**

Contact Address: c/o Duddon House
Fairfield Lane
Barrow-In-Furness
Cumbria
LA13 9AZ

Contact No: (01229) 430333

- Any Crack?
- Cumbrian Communities
Under Pressure Pack

- **Health of the Nation**

Contact Address: Mental Illness
PO Box 643
Bristol
BS99 1UU

Contact No: 0800 665544

- A Guide to Mental Health in
the Workplace

- **Mind**

Contact Address: 15-19 Broadway
London
E15 4BQ

Contact No: (020) 85192122

- Surviving Working Life
- The Mind Guide to Managing
Stress
- Understanding Anxiety
- How To Stop Worrying
- How To Look After Yourself

- **No Panic**

Contact Address: 93 Brands Farm Way
Telford
Shropshire
TF3 2JQ

Contact No: (01952) 590005

- Telephone Recovery Group
Service
- The Facts

ANXIETY & STRESS

SECTION 8.2

- **Northumberland Mental Health NHS Trust** - Stress
Contact Address: St George's Hospital
Morpeth
Northumberland
NE61 2NU
Contact No: (01670) 512121
- **PAX** - An Introduction to PAX
Contact Address: 4 Manor Brook
Blackheath
London
SE3 9AW
Contact No: (020) 83185016
- **This Morning** - Stress factsheet
Contact Address: PO Box 1000
Manchester
M60 3JD
Contact No: (0161) 2777000

(c) TAPES

- **LEARN TO RELAX** **M. George**
Price: £3.99
Publisher: Not Known
Contact Address: Not Known
Contact No: Not Known

Feedback: *Illustrative, quite spiritual and 'alternative'. Self-help instructions make it useful for clients. Easy to use, relaxation techniques are achievable. Exercises useful: relaxation, visualisation and meditation. Concerns expressed about giving to people with fear of open spaces or heights.*
- **MUSCLE RELAXATION** **No Panic**
Price: £5.00
Publisher: Not Known
Contact Address: 93 Brands Farm Way
Telford
Shropshire
TF3 2JQ
Contact No: (01952) 590545
- **RELAX YOUR BODY** **M. McKay & P. Fanning**
Price: £6.99
Publisher: Canada: New Harbinger
Contact Address: 5674 Shattuck Avenue
Oakland
Canada
94609
Contact No: 1 800 748 6273
ISBN: 1 57224 095 4

ANXIETY & STRESS

SECTION 8.2

- RELIEVE YOUR WORRY

M. McKay

Price: £6.99

ISBN: 1 57224 098 9

Publisher: Canada: New Harbinger

Contact Address: 5674 Shattuck Avenue

Oakland

Canada

94609

Contact No: 1 800 748 6273

Feedback: *Possibly useful for staff. Useful for clients. Content contains good explanations with cognitive bias which is well portrayed. Some sections are quite technical, but overall a good resource. Useful for compulsive worriers and people who can't relax. Some concern about giving it to people with panic attacks.*

(e) VIDEOS

- WHAT YOU REALLY NEED TO KNOW ABOUT ANXIETY, PHOBIAS AND PANIC ATTACKS

First Steps to Freedom

Price: £17.50

Publisher: London: Videos for Patients

Contact Address: PO Box 22547

London

W8 7GW

Contact No: (020) 77272690

Feedback: *Useful for clients. Good for people with little understanding of anxiety, phobias and panic attacks who suffer from their effects. Easy to understand, basic information and only 30 minutes long.*

(f) CD-ROMS

- **RESTORING THE BALANCE** **Mental Health Foundation**
Price: £25.00 ISBN: 0 90 01944 777
Publisher: London: The Mental Health Foundation
Contact Address: 20-21 Cornwall Terrace
London
NW1 4QL
Contact No: (020) 75357400

Feedback: *Useful for clients. Content accurate though brief. May be particularly good for clients with milder anxiety and depression who are computer literate. Addresses how to move away from depression and anxiety using a Cognitive Behavioural Therapy framework.*

CONTACT INFORMATION FOR NATIONAL ORGANISATIONS/SUPPORT GROUPS

- **First Steps to Freedom**
 7 Avon Court
 Kenilworth
 Warwickshire
 (01926) 864473
 (01926) 851608 – helpline

Help with all aspects of anxiety problems.
- **No Panic**
 93 Brands Farm Way
 Telford
 Shropshire
 TF3 2JQ
 (01952) 590545 – helpline 10 am– 10 pm.

Help for people with phobias, panic attacks and OCD.
- **PAX (Panic Attacks, Phobias and Anxiety Disorders)**
 4 Manor Brook
 Blackheath
 London
 SE3 9AW
 (020) 83185016

Information and advisory service.
- **Relaxation for Living**
 168-170 Oatlands Drive
 Weybridge
 Surrey
 KT13 9ET
- **Rural Stress Information Network**
 The Arthur Rank Centre National Agricultural Centre
 Stoneleigh Park
 Warwickshire
 CV8 2LZ
 (02476) 412916

Provides information about causes of rural stress and initiatives which help to alleviate it.
- **Stress, Anxiety and Depression Helpline**
 Steve Jackson
 PO Box 813
 Aylesford
 Kent
 ME20 7DY
 (01622) 717656
- **Stress Management Training Institute**
 Foxhills
 30 Victoria Avenue
 Shanklin
 Isle of Wight
 PO37 6LS
 (01983) 868166
 (01983) 866666

Provides relaxation tapes, leaflets, and contacts for relaxation classes.
- **Stresswatch (Scotland)**
 (01563) 574144 – office
 (01563) 528910 - helpline
- **“Unwind” Pain and Stress Management**
 Marie Langley
 Melrose
 3 Alderlea Cl
 Gilesgate
 Durham
 DH1 1DS
 (0191) 3842056 – tel/fax
- **Why Me?**
 6 Thorney Close
 Fareham
 Hampshire
 PO14 3AF
 (01329) 312997

Guidance on anxiety, agoraphobia and panic attacks.

CONTACT INFORMATION FOR LOCAL ORGANISATIONS/SUPPORT GROUPS

(a) BARROW & ULVERSTON AREAS

- | | | |
|---|--|---|
| <ul style="list-style-type: none">• Cumbria Stress Information Network
c/o Duddon House
Fairfield Lane
Barrow-In-Furness
LA13 9AZ
(01229) 430333 | <ul style="list-style-type: none">• MIND-in-Furness
64 School Street
Barrow-In-Furness
LA14 1EW
(01229) 827094
(01229) 825648 – fax | <ul style="list-style-type: none">• MIND – Ulverston
Room 204/206
Coniston House
New Market Street
Ulverston
LA12 7LQ
(01229) 581578 –
Phone and fax |
|---|--|---|

(b) Kendal & South Lakes Areas

- **Kendal MIND**
106a Highgate
Kendal
LA9 4HE
(01539) 740591

INTERNET RESOURCES**(a) UK INTERNET ADDRESSES**

- **At Ease**
www.at-easensf.org.uk
- **No Panic**
e-mail: colin.hammond@euphony.net
www.no-panic.co.uk
- **Stress, Anxiety and Depression Helpline**
Stresshelp@btinternet.com
- **First Steps to Freedom**
e-mail: info@firststeps.demon.co.uk
or: ljh@firststeps.demon.co.uk
or: firststepstofreedom@compuserve.com
www.firststeps.demon.co.uk
- **PAX (incorporating Agoraphobia Information Service)**
www.panicattacks.co.uk
- **Stress Management Training Institute**
e-mail: admin@smti.org
www.smti.org

(b) INTERNATIONAL INTERNET ADDRESSES

- **Basics of Cognitive Therapy**
<http://mindstreet.com/cbt.html>
- **National Institute of Mental Health's Library**
<http://www.nimh.nih.gov/anxiety/library/brochure/pubs.htm>

FAMILY AND CARER RESOURCES

(a) LEAFLETS

- **Cumbria Stress Information Network** - Cumbrian Communities
 Contact Address: c/o Duddon House Under Pressure Pack
 Fairfield Lane
 Barrow-In-Furness
 Cumbria
 LA13 9AZ
 Contact No: (01229) 430333
- **MIND** - Understanding Anxiety
 Contact Address: 15-19 Broadway
 London
 E15 4BQ
 Contact No: (020) 85192122
- **No Panic** - The Facts
 Contact Address: 93 Brands Farm Way
 Telford
 Shropshire
 TF3 2JQ
 Contact No: (01952) 590005

(b) VIDEOS

- WHAT YOU REALLY NEED TO KNOW ABOUT ANXIETY, PHOBIAS AND PANIC
 ATTACKS **First Steps to Freedom**
 Price: £17.50
 Publisher: London: Videos for Patients
 Contact Address: PO Box 22547
 London
 W8 7GW
 Contact No: (020) 77272690

(c) INTERNET RESOURCES

- **National Institute of
 Mental Health's
 Library**
<http://www.nimh.nih.gov/anxiety/library/brochure/pubs.htm>

MENTAL HEALTH HANDBOOK EXTRACTS

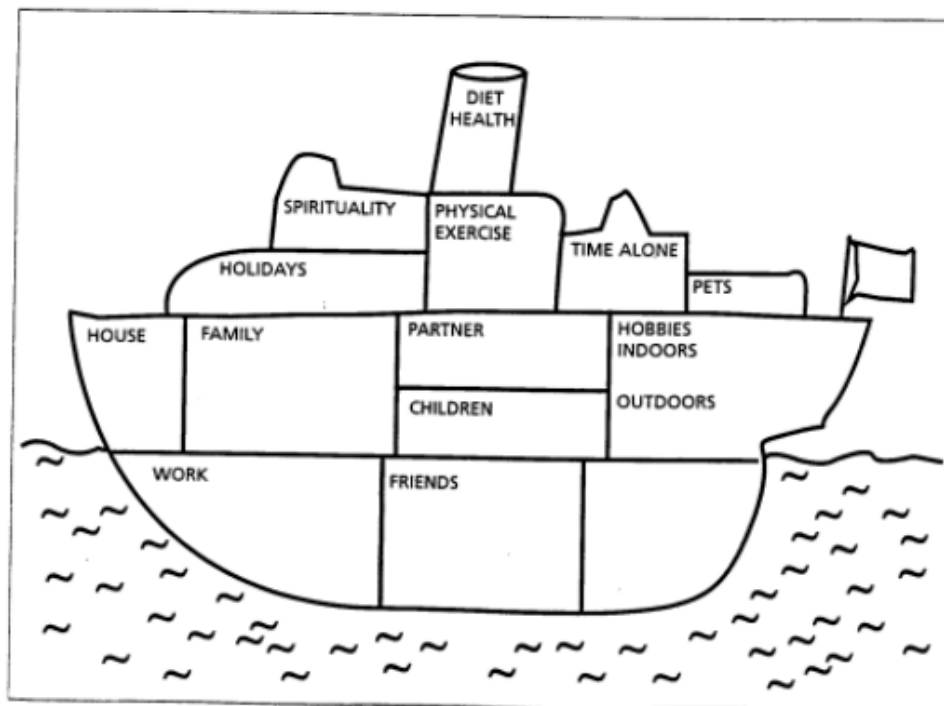
Life as an ocean liner

Imagine that your life is like an ocean going liner and you are the captain. For that liner to be seaworthy and stay afloat in stormy weather, various parts of the ship are separated into compartments. If the ship is damaged and one area starts taking on water that damage is restricted to that one compartment. This is quite a good way of looking at your own life. Most of us have different areas in our lives such as family, friends, hobbies or work. Some people have more overlap than others; some people live very compartmentalised lives. One definite advantage of a compartmentalised life is that if one area or compartment of your life goes wrong, it doesn't mean your whole life has to. So if something goes wrong at work and you have an all-consuming hobby, such as sailing, music, playing golf or painting, for example, you can get away from the areas of stress and be absorbed by another area.

It is a great thing to be able to think about something completely different when worried by a particular stress. If you have difficulties in your relationship with your partner, but can turn to your family or a friend this again reduces the stress. It does however take a deliberate consistent effort, time and energy to develop and maintain these separate compartments.

Exercise

Review each area of your life in the diagram below. Write in the names of people, whether they are friends or family and specific activities or hobbies. Ask yourself how much time and energy you put into each area. Do you have separate areas in your life? Add any special area that you have in the empty box or draw your own ocean liner, with the different size compartments to reflect your own life.



■ Understand more about stress

Recognise your major sources of stress at present.

Understand how stress affects you.

Anticipate and plan for periods of stress.

Find your optimal level – not too much or too little.

■ Adopt a systematic problem – solving approach

Define your problem specifically – try to be objective.

Break it down into manageable components.

Approach projects one stage at a time.

Develop, evaluate and execute a course of action.

■ Recognise and accept your own feelings

Express the way you are feeling openly with others.

Accept your feelings.

Be aware of past experiences which effect your feelings.

■ Develop new effective behavioural skills

Be assertive – learn to say 'No'.

Avoid procrastination. 'Do it today!'

Manage your time effectively.

Avoid being a perfectionist.

Practice rational thinking

Delegate effectively.

Practice goal planning.

■ Establish and make use of a good social support network

Ask for help and accept it when offered.

Deliberately cultivate good relationships.

Talk to people: family, old friends, new friends.

■ Maintain a healthy lifestyle

Take regular physical exercise.

Maintain a healthy balanced diet.

Deliberately seek out change of pace, and new activities in your life.

■ Make time to relax and enjoy yourself

Set aside time each day to do something you enjoy.

Plan breaks: lunch breaks, weekends, holidays.

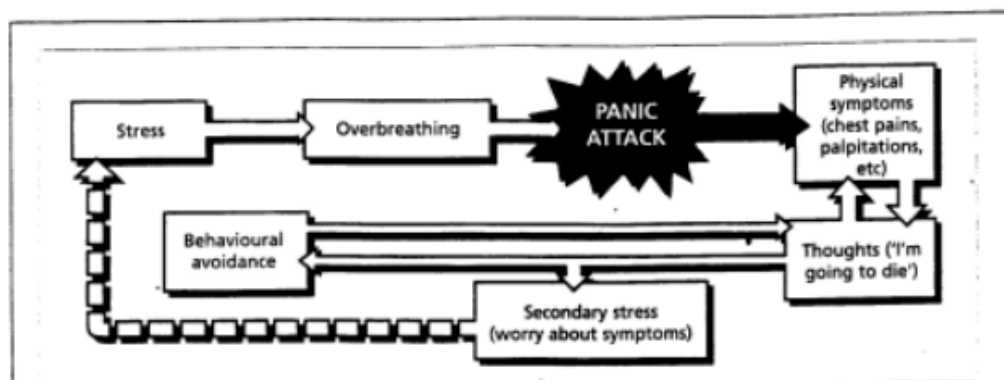
Develop engaging hobbies and recreational activities.

■ Set aside time for reflection and spiritual development

Set aside time for reflection and meditation.

Reassess your values. What is really important in your life?

Review your goals in life. What are you working towards?



What is a panic attack?

Panic attacks are common, occurring in up to five per cent of the general population. They are defined by a sudden onset of intense apprehension, fear or terror accompanied by physical symptoms such as:

- ◆ difficulty in breathing
- ◆ dizziness
- ◆ palpitations
- ◆ chest pains
- ◆ tingling sensations
- ◆ shaking
- ◆ sweating
- ◆ visual difficulty
- ◆ feelings of unreality
- ◆ jelly legs

The thoughts that accompany these symptoms often include; 'I'm going to lose control', 'I'm going mad', 'I'm going to die', 'I'm going to have a heart attack' or 'I'm going to embarrass myself'. Although it is perhaps understandable to experience these thoughts, they are largely mistaken and are misinterpretations of what is actually going on. Unfortunately, once you start thinking these thoughts, you become more anxious, keeping the bodily symptoms going. An upwardly spiralling vicious circle of thoughts and physical symptoms is created.

The situation is further complicated by the fact that when most people have a panic attack,

their natural reaction is to try and leave the situation they are in as quickly as possible. This avoidance brings temporary relief, but increases the likelihood of further apprehension, negative thoughts, bodily symptoms and the development of a phobic reaction.

A symptom of stress

Panic attacks are one of the symptoms of a build-up of stress. This symptom is perhaps more frightening than nausea, headaches or diarrhoea but in some ways it is a similar reaction. People who experience panic attacks seem to be those who experience stress in their respiratory and cardiovascular system rather than in their muscular or gastrointestinal systems.

Very often the symptom of panic produces such worry and stress that these symptoms become more of a problem than the original stresses that caused them.

■ Advantages and disadvantages of using tranquillisers

Advantages

- ❶ Tranquillisers make you less anxious in the short term.
- ❷ They can help you to tackle difficult situations which otherwise you might avoid.
- ❸ They work quite quickly, having an effect on the nervous system in about 10 to 15 minutes.

Disadvantages

- ❶ Tranquillisers do not cure the problems of anxiety. They only mask the symptoms, and do not deal with the original causes.
- ❷ By the very act of taking a tranquilliser you are avoiding coping on your own. This erodes your self-confidence.
- ❸ There is a strong possibility that long-term use of tranquillisers will create dependency and addiction.
- ❹ Tranquillisers have physical side-effects: drowsiness, appetite changes, dry mouth, dizziness, poor coordination.

■ Advice for coming off tranquillisers

- ❶ Work out a programme of gradual reduction with your family doctor, lasting for a couple of months or even longer.
- ❷ Sometimes there are side-effects of withdrawal which are very similar to anxiety symptoms. It is important to remember that they are not the original anxiety symptoms returning, although the symptoms seem similar.
- ❸ Take one day at a time. Tell yourself you are coping with just the next day, or even just the next hour. Talk to yourself positively. Remind yourself that the symptoms will not last for ever, and that they are not harmful.
- ❹ Keeping active and occupied will take your mind off the stress of withdrawal. Plan pleasant distracting activities.
- ❺ Use your anxiety management skills and become more confident in controlling your anxiety.
- ❻ Identify the time of day and week when it would be easier to miss out on a tablet or a portion of a tablet; this is the best place to start.
- ❼ Don't try to come off everything all at once. Plan a gradual and even reduction.

9. ASSERTIVENESS/SELF ESTEEM

SECTION NO.

9.1 WORKER RESOURCES

- (a) Books
- (b) Leaflets

9.2 CLIENT RESOURCES

- (a) Books
- (b) Leaflets

WORKER RESOURCES**(a) BOOKS**

- **ASSERTIVENESS PACK**

**Psychology Department,
Morecambe Bay Primary Care
NHS Trust**
Contact No: (01229) 825452

Feedback: *A very useful resource for clients and staff working with clients. The set comprises of 6 separate booklets covering: understanding assertiveness, improving self-esteem, criticism, anger and assertive skills. The booklets use case examples and self-help exercises throughout.*

- **ASSERT YOURSELF: A SELF-HELP ASSERTIVENESS PROGRAMME FOR MEN & WOMEN**

Price: £5.99
Publisher: London: Thorsons

G. Lindenfield
ISBN: 0 00 712345 0

Feedback: *Useful for staff education and clients. Lots of self-help exercises and background information/understanding.*

- **SELF ESTEEM**

Price: £6.99
Publisher: London: Thorsons

G. Lindenfield
ISBN: 0 7225 4007 8

Feedback: *Useful for staff education and clients. Lots of self-help exercises and background information / understanding.*

- **SUPER CONFIDENCE**

Price: £6.99
Publisher: London: Thorsons

G. Lindenfield
ISBN: 0 7225 4011 6

Feedback: *Useful for staff education and clients. Good layout and includes self-help exercises for individuals and groups.*

(b) LEAFLETS

- **MIND**

Contact Address: 15-19 Broadway
London
E15 4BQ
Contact No: (020) 85192122

- How to Assert
Yourself

CLIENT RESOURCES**(a) BOOKS**

- **ASSERTIVENESS PACK**

**Psychology Department,
Morecambe Bay Primary Care
NHS Trust**
Contact No: (01229) 825452

Feedback: *A very useful resource for clients and staff working with clients. The set comprises of 6 separate booklets covering: understanding assertiveness, improving self-esteem, criticism, anger and assertive skills. The booklets use case examples and self-help exercises throughout.*

- **ASSERT YOURSELF: A SELF-HELP ASSERTIVENESS PROGRAMME FOR MEN & WOMEN**
Price: £5.99
Publisher: London: Thorsons

G. Lindenfield
ISBN: 0 00 712345 0

Feedback: *Useful for staff education and clients. Lots of self-help exercises and background information/understanding.*

- **A WOMAN IN YOUR OWN RIGHT**
Price: Not Known
Publisher: Not Known

A. Dixon
ISBN: Not Known

Feedback: *This useful book for women is very permission giving, although it can seem simplistic and prescriptive.*

- **CONVERSATIONALLY SPEAKING**
Price: Not Known
Publisher: Lowell House Extension Press

A. Gamer
ISBN: 0 929923 72 3

Feedback: *This book contains ways of increasing communication skills on various levels. It is easy to read and understand, and contains lots of practical suggestions.*

- **HOW TO IMPROVE YOUR CONFIDENCE**
Price: Not known
Publisher: London: Sheldon

K. Hambly
ISBN: Not Known

Feedback: *This is a well-written book. It suggests a number of exercises, beginning with an analysis of the individual's lack of confidence, the main problems and the setting of goals for change. The book instils a confidence in the reader's ability to achieve their goals.*

- **MAKING FRIENDS**
Price: £8.99
Publisher: Singapore: Media Masters

A. Matthews
ISBN: 981 00 1953 X

Feedback: *Good layout, useful for clients. Basic, sound skills / advice for getting along with people.*

ASSERTIVENESS/SELF ESTEEM

SECTION 9.2

- SELF ESTEEM

Price: £6.99

Publisher: London: Thorsons

G. Lindenfield

ISBN: 0 7225 4007 8

Feedback: *Useful for staff education and clients. Lots of self-help exercises and background information / understanding.*

- SUPER CONFIDENCE

Price: £6.99

Publisher: London: Thorsons

G. Lindenfield

ISBN: 0 7225 4011 6

Feedback: *Useful for staff education and clients. Good layout and includes self-help exercises for individuals and groups.*

(b) LEAFLETS

- MIND

Contact Address: 15-19 Broadway
London
E15 4BQ

Contact No: (020) 85192122

- How to Assert
Yourself

10. BEREAVEMENT & LOSS

SECTION NO.

10.1 WORKER RESOURCES

- (a) Books
- (b) Leaflets
- (c) Tapes
- (d) Videos

10.2 CLIENT RESOURCES

- (a) Books
- (b) Leaflets
- (c) Tapes
- (d) Videos

10.3 CONTACT INFORMATION FOR NATIONAL ORGANISATIONS/SUPPORT GROUPS

10.4 CONTACT INFORMATION FOR LOCAL ORGANISATIONS/SUPPORT GROUPS

- (a) Barrow & Ulverston Areas
- (b) Kendal & South Lakes Areas
- (c) Other Areas

10.5 INTERNET RESOURCES

- (a) UK Internet Addresses
- (b) International Internet Addresses
- (c) Online Support Groups

10.6 FAMILY & CARER RESOURCES

- (a) Books
- (b) Leaflets

10.7 MENTAL HEALTH HANDBOOK EXTRACTS

- (a) Bereavement & Loss

SEE ALSO CROSS-REFERENCES:

- Depression

WORKER RESOURCES

(a) BOOKS

- **AFTER A DEATH** **S. Clayton**
Price: £10.99 ISBN: 0 8605 1956 2
Publisher: London: Robinson
- **BEYOND GRIEF** **C. Staidacker**
Price: £9.99 ISBN: 0 285 65069 9
Publisher: London: Souvenir Press

Feedback: *Useful for staff and clients. Comprehensive, good all round with chapters on specifics e.g., suicide, death of a child.*

- **LIVING WITH GRIEF** **T. Lake**
Price: £7.99 ISBN: 0 8596 9426 7
Publisher: London: Sheldon
- **THE COURAGE TO GRIEVE** **J. Tatelbaum**
Price: £6.99 ISBN: 0 7493 0936 9
Publisher: London: Cedar

Feedback: *Excellent. Useful for staff and clients, good for any bereaved person, lots of common sense and "down to earth" ideas, should be useful.*

- **WHAT TO DO WHEN SOMEONE DIES** **P. Harris**
Price: £9.99 ISBN: 0 85202 816 4
Publisher: London: Which? Books

Feedback: *Useful for staff and clients, particularly someone who is looking for good practical help and advice. Little on the grieving process and emotional aspects.*

(b) LEAFLETS

- **Carers National Association** - When the Person You Care for Has Died
Contact Address: 20/25 Glass House Yard
London
EC1A 4JT
Contact No: (0171) 4908818
- **Cruse** - Coping With A Major Personal Crisis
Contact Address: 126 Sheen Road
Richmond
Surrey
TW9 1UR
Contact No: (020) 89404818
- What is Counselling?
- Has Someone Died?
- Why Cruse?
- Some Statistics About Death and Bereavement
- A Support Service For All Bereaved People and Those Helping Them
- Helping the Bereaved

BEREAVEMENT & LOSS

SECTION 10.1

- **Foundation for the Study of Infant Deaths**
Contact Address: Artillery House
11-19 Artillery Row
London
SW1P 1RT
Contact No: (020) 72228001
- When A Baby Dies Suddenly and Unexpectedly
- **Help the Aged**
Contact Address: 207221
Pentonville Road
London
N1 9UZ
Contact No: (020) 72781114
- Bereavement
- **MIND**
Contact Address: 15-19 Broadway
London
E15 4BQ
Contact No: (020) 85192122
- Understanding Bereavement
- How to Cope With Loneliness
- **National Association of Bereavement Services**
Contact Address: 2nd Floor
4 Pinchin Street
London
E1 1SA
Contact No: (020) 77090505
- Membership Information
- The Experience of Grief
- **National Association of Widows**
Contact Address: 48 Queens Road
Coventry
CV1 3EH
Contact No: (024) 76634848
- Information
- **Northumberland Mental Health NHS Trust**
Contact Address: St George's Hospital
Morpeth
Northumberland
NE61 2NU
Contact No: (01670) 512121
- Bereavement
- **Relaxation for Living**
Contact Address: 29 Burwood Park Road
Walton on Thames
KT12 5LH
Contact No: (01932) 227826
- Easing Grief for Oneself and Other People
- **Royal College of Psychiatrists**
Contact Address: 17 Belgrave Square
London
SW1X 8PG
Contact No: (020) 7235 2351
- Bereavement

BEREAVEMENT & LOSS

SECTION 10.1

- **SANDS**
Contact Address: 28 Portland Place
London
W1N 4DE
Contact No: (020) 74367940
 - Stillbirth and Neonatal Death Society
 - Stillbirth and Neonatal Death: How You Can Help
 - Befriending: The First Visit
- **The Compassionate Friends**
Contact Address: 53 North Street
Bristol
BS3 1EN
Contact No: (0117) 9539639
 - No Death So Sad
- **The Terrence Higgins Trust**
Contact Address: 51a Philbeach Gardens
Earls Court
London
SW5 9EB
Contact No: (020) 78351495
(020) 72421010
(12 noon-10 pm)
 - Coping With Bereavement
 - Someone to Talk to
- **Victim Support**
Contact Address: National Office
Cranmer House
39 Brixton Road
London
SW9 6DZ
Contact No: (020) 77359166
 - Murder and Manslaughter

(c) TAPES

- **COPING WITH BEREAVEMENT**
Price: £13.99
Publisher: Wirral: Wendy Lloyd Audio Productions Ltd
Contact Address: PO Box 1
Wirral
L47 7DD
Contact No: (0151) 6320662
 - Talking Life**
ISBN: 1 901910 46 6

(d) VIDEOS

- **BEYOND BEREAVEMENT**
Price: £
Publisher: Not Known
Contact Address: Not Known
Contact No: (0141) 4332828
 - Stress Sense**
- Feedback:** *Useful for staff and bereaved clients. Content accurate. Would be concerned about giving it to the newly bereaved.*

CLIENT RESOURCES

(a) BOOKS

- AFTER A DEATH
Price: £10.99
Publisher: London: Robinson
S. Clayton
ISBN: 0 8605 1956 2
- BEYOND GRIEF
Price: £9.99
Publisher: London: Souvenir Press
C. Staidacker
ISBN: 0 285 65069 9
Feedback: *Useful for clients. Comprehensive, good all round with chapters on specifics e.g., suicide, death of a child.*
- COMPANION TO GRIEF
Price: £7.99
Publisher: London: Piatkus
P. Kelly
ISBN: 0 7499 1734 2
Feedback: *Using case examples throughout, this useful book for clients is written with warmth and sensitivity covering practical as well as emotional issues.*
- EMPTY CRADLE BROKEN HEART
Price: Not Known
Publisher: Fulcrum
D.L. Davis
ISBN: 1 55591 302 4
Feedback: *This book gives practical advice and emotional support for those people who are surviving the death of a baby.*
- HEALING GRIEF: A GUIDE TO LOSS AND RECOVERY
Price: £9.99
Publisher: London: Vermilion
B. Ward
ISBN: 0 009 177839 5
Feedback: *This comprehensive book is mainly useful for clients, with detailed contents it covers all aspects of grief with case examples. Includes chapters on unexpected deaths.*
- LIVING WITH GRIEF
Price: £7.99
Publisher: London: Sheldon
T. Lake
ISBN: 0 8596 9426 7
- THE COURAGE TO GRIEVE
Price: £6.99
Publisher: London: Cedar
J. Tatelbaum
ISBN: 0 7493 0936 9
Feedback: *Excellent. Useful for clients, good for any bereaved person, lots of common sense and "down to earth" ideas, should be useful.*

BEREAVEMENT & LOSS

SECTION 10.2

- THE HEALING JOURNEY THROUGH GRIEF: YOUR JOURNAL FOR REFLECTION AND RECOVERY

Price: £13.99

Publisher: Chichester: Wiley

P. Rich

ISBN: 0 471 29565 5

Feedback: *This self-help journal is useful for clients to learn about the stages of grief, work through feelings of loss, and develop new coping skills. It contains case examples and lots of self awareness and self-help exercises.*

- THROUGH GRIEF: THE BEREAVMENT JOURNEY

Price: £7.95

Publisher: London: Darton, Longman & Todd

E. Collick

ISBN: 0 232 51682 0

Feedback: *This fairly short book is useful for clients and takes the reader through the bereavement journey stage by stage.*

- WHAT TO DO WHEN SOMEONE DIES

Price: £9.99

Publisher: London: Which? Books

P. Harris

ISBN: 0 85202 816 4

Feedback: *Useful for clients, particularly someone who is looking for good practical help and advice. Little on the grieving process and emotional aspects.*

- WHEN YOUR PARTNER DIES

Price: £6.99

Publisher: London: The Women's Press

M. Mortimer

ISBN: 0 7043 4390 8

Feedback: *Useful for clients, particularly women. Content mainly relating to one person's grieving experience, not a broad base of knowledge. Concerns about giving it to people with complex, extended or abnormal grief.*

(b) LEAFLETS

- **Carers National Association**
Contact Address: 20/25 Glass House Yard
London
EC1A 4JT
Contact No: (0171) 4908818
- When the Person You Care for Has Died
- **Cruse**
Contact Address: 126 Sheen Road
Richmond
Surrey
TW9 1UR
Contact No: (020) 89404818
- Coping With A Major Personal Crisis
- What is Counselling?
- Has Someone Died?
- Why Cruse?
- Some Statistics About Death and Bereavement
- A Support Service For All Bereaved People and Those Helping Them

BEREAVEMENT & LOSS

SECTION 10.2

- **Foundation for the Study of Infant Deaths**
Contact Address: Artillery House
11-19 Artillery Row
London
SW1P 1RT
Contact No: (020) 72228001
- When A Baby Dies Suddenly and Unexpectedly
- **Help the Aged**
Contact Address: 207221
Pentonville Road
London
N1 9UZ
Contact No: (020) 72781114
- Bereavement
- **MIND**
Contact Address: 15-19 Broadway
London
E15 4BQ
Contact No: (020) 85192122
- Understanding Bereavement
- How to Cope With Loneliness
- **National Association of Bereavement Services**
Contact Address: 2nd Floor
4 Pinchin Street
London
E1 1SA
Contact No: (020) 77090505
- Membership Information
- The Experience of Grief
- **National Association of Widows**
Contact Address: 48 Queens Road
Coventry
CV1 3EH
Contact No: (024) 76634848
- Information
- **Northumberland Mental Health NHS Trust**
Contact Address: St George's Hospital
Morpeth
Northumberland
NE61 2NU
Contact No: (01670) 512121
- Bereavement
- **Relaxation for Living**
Contact Address: 29 Burwood Park Road
Walton on Thames
KT12 5LH
Contact No: (01932) 227826
- Easing Grief for Oneself and Other People
- **Royal College of Psychiatrists**
Contact Address: 17 Belgrave Square
London
SW1X 8PG
Contact No: (020) 7235 2351
- Bereavement

BEREAVEMENT & LOSS

SECTION 10.2

- **SANDS**

Contact Address: 28 Portland Place
London
W1N 4DE
Contact No: (020) 74367940

- **The Compassionate Friends**

Contact Address: 53 North Street
Bristol
BS3 1EN
Contact No: (0117) 9539639

- Stillbirth and Neonatal Death
Society
- Stillbirth and Neonatal Death: How
You Can Help

- No Death So Sad

BEREAVEMENT & LOSS

SECTION 10.2

- **The Terrence Higgins Trust**
Contact Address: 51a Philbeach Gardens
Earls Court
London
SW5 9EB
Contact No: (020) 78351495
(020) 72421010
(12 noon - 10 pm)
- Coping With Bereavement
- Someone to Talk to
- **Victim Support**
Contact Address: National Office
Cranmer House
39 Brixton Road
London
SW9 6DZ
Contact No: (020) 77359166
- Murder and Manslaughter

(c) TAPES

- **COPING WITH BEREAVEMENT**
Price: £13.99
Publisher: Wirral: Wendy Lloyd Audio
Productions Ltd
Contact Address: PO Box 1
Wirral
L47 7DD
Contact No: (0151) 6320662
Talking Life
ISBN: 1 901910 46 6

(d) VIDEOS

- **BEYOND BEREAVEMENT**
Price: £
Publisher: Not Known
Contact Address: Not Known
Contact No: (0141) 4332828
Stress Sense

Feedback: *Useful for staff and bereaved clients. Content accurate. Would be concerned about giving it to the newly bereaved.*

CONTACT INFORMATION FOR NATIONAL ORGANISATIONS/SUPPORT GROUPS

- **Campaign Against Drinking and Driving**
 Maria Cape
 39 Heaton Road
 Newcastle
 NE6 1SB
 (0191) 2657147 – tel
 (0191) 2659819 – fax

For families of those killed/injured by drunk/irresponsible drivers.
- **Care of Next Infant**
 Room C1
 Stephenson Unit
 Sheffield Children's Hospital
 Western Bank
 Sheffield
 S10 2TH
 (0114) 2766452

Support for families of subsequent babies following a cot death.
- **COPE**
 The Laura Centre
 4 Tower Street
 Leicester
 LE1 6WS
 (0116) 2544341 – tel
 (0116) 2545981 – fax

For anyone who has experienced the death of a child or any child affected by death.
- **Cot Death Research and Support for Bereaved Parents**
 Jim McDonald
 117 High Street
 Worle
 Weston Super Mare
 BS22 0HB
 (0468) 525525 – 24hr
Counselling and befriending.
- **CRUSE Bereavement Care**
 126 Sheen Road
 Richmond
 Surrey
 TW9 1UR
 (0845) 7585565 – counselling
 (020) 89404818
 e-mail: info@crusebereavementcare.org.uk

Provides support, advice and information to those experiencing a bereavement.
- **Epilepsy Bereaved**
 PO Box 112
 Wantage DO
 Oxon
 OX12 8XT
 (01235) 772850
 (01235) 772852 - supportline

Support for parents and others bereaved through epilepsy.
- **Foundation for the Study of Infant Deaths (FSID)**
 Artillery House
 11-19 Artillery Row
 London
 SW1P 1RT
 (020) 72228001 - enquiries
 (020) 72332090 – 24 hour helpline
 (020) 72229002 – fax

Support for families whose babies have died.
- **Jewish Bereavement Counselling Service**
 PO Box 6748
 London
 N3 3BX
 (020) 83490839 – tel/fax

They will send information about caring for a Jewish patient and the customs that should be observed by the hospital following a death.
- **Lesbian and Gay Bereavement Project**
 4th Floor
 Sophie House
 32-35 Featherstone Street
 London
 EC1Y 8Qx
 (020) 76091233
 (020) 84558894 – helpline
 e-mail: lgbp@freeserve.co.uk

Support and advice for those bereaved by a lesbian/gay partner.
- **London Bereavement Network**
 356 Holloway Road
 London
 N7 6PA
 (020) 77008134
 (020) 77008146 – fax

BEREAVEMENT & LOSS

- **National Association of Bereavement Services**
2nd Floor
4 Pinchin Street
London
E1 1SA
(020) 77090505 – fax
and admin
(020) 77099090 –
helpline 10 am-4 pm
weekdays

*Puts callers in touch
with nearest service.*

- **National Association of Widows**
48 Queens Road
Coventry
CV1 3EH
(024) 76634848 –
tel/fax

*Support, advice and
information for widow
and families.*

- **National Child Death Helpline**
(0800) 282986 -
Evenings 7-10 pm.
Mon, Wed and Fri
10 am-1pm.

- **Papyrus (Prevention of Suicides)**
Rossendale GH
Union Road
Rawtenstall
BB4 6NE
(01706) 214449

- **Pet Bereavement Support Service**
The Blue Cross
Shilton Road
Burford
Oxon
OX1 4PF
0800 0966606

- **Roadpeace**
PO Box 2579
London
NW10 3PW
(020) 88385102 – tel
(020) 88385103 – fax

*Support and
information for
bereaved relatives
and friends of those
killed in road
accidents.*

- **Stillbirth and Neonatal Death Society (SANDS)**
28 Portland Place
London
W1N 4DE
(020) 74367940
(020) 74363715- fax
(020) 74365881 –
helpline
e-mail: [support@uk-
sands.org](mailto:support@uk-sands.org)
www.uk-sands.org

*Provides support,
information and local
group contacts.*

- **Sudden Death Support Association**
Sarah Adams
Chapel Green House
Wokingham
RG40 3ER
(01189) 790790

*For friends and family
who have suffered an
unexpected death.*

- **Support After Murder And Manslaughter (SAMM)**
Cranmer House
39 Brixton Road
London
SW9 6DZ
(020) 7353838

SECTION 10.3

- **Survivors of Bereavement By Suicide (SOBS)**
Centre 88
Saner Street
Anlaby Road
Hull
HU3 2TR
(01482) 610728

- **Terrence Higgins Trust**
51a Philbeach
Gardens
Earls Court
London
SW5 9EB
(020) 78351495
(020) 72421010–
12 noon-10 pm
e-mail:
[counselling@tht.org.
uk](mailto:counselling@tht.org.uk)
www.tht.org.uk

*They will send some
free information on
coping with a
bereavement by
AIDS.*

- **The Compassionate Friends**
53 North Street
Bristol
BS3 1EN
(0117) 9539639
e-mail:
info@tcf.org.uk
e-mail for siblings:
sibbs@tcf.org.uk
www.tcf.org.uk

*National self-help
group of bereaved
parents offering
support to other
parents and siblings
and grandparents.*

- **The Cot Death Society**
1 Browning Close
Thatcham
Berkshire
RG13 4AU
(01635) 861771

BEREAVEMENT & LOSS

- **The Miscarriage Association**
c/o Clayton Hospital
Northgate
Wakefield
WF1 3JF
(01924) 200799
(01924) 298834 – fax
e-mail:
miscarriage.association@care4free.net
www.the-ma.org.uk

Network of support groups.

- **Twins Bereavement Group**
TAMBA (Twins and Multiple Births Association)
309 Chester Road
Little Sutton
Ellesmere Port
CH66 1QQ
(0870) 1214000 - tel
(0870) 1214001- fax
(01732) 868000 – helpline (evenings and weekends)

SECTION 10.3

- **Way Foundation (for all widowed under 50)**
P.O. Box 74
Penarth
CF64 3YX
(029) 20711209 – tel/fax

CONTACT INFORMATION FOR LOCAL ORGANISATIONS/SUPPORT GROUPS**(a) BARROW & ULVERSTON AREAS**

- **Bereavement Support Group**
Walney Cottage
Burnett Edgar
Medical Centre
Central Drive
Walney
Barrow-In-Furness
- **Hospice of St Mary of Furness**
Ford Park
Ulverston
Cumbria
LA12 7JP
(01229) 580305 – tel
(01229) 583072 – fax

Information, help and support available through the bereavement service, for those bereaved by terminal illness.

They meet on the last Wednesday of every month, 7–8.30 pm.

(b) KENDAL & SOUTH LAKES AREAS

- **Steps**
2 Post Office
Chambers
Main Street
Grange-over-Sands
Cumbria
LA11 6BA
(01539) 536995
e-mail:
mokane@breathingspace.fsnet.co.uk
- Mainly for grieving young people. They also work with families. Bereavement awareness and training for professionals is provided.*

(c) OTHER AREAS

- **Cruse - Cumbria**
(07071) 780761

INTERNET RESOURCES**(a) UK INTERNET ADDRESSES**

- **Bereavement**
http://www.rcpsych.ac.uk/public/help/bereav/ber_frame.htm
- **Cruse – Bereavement Care**
e-mail: info@crusebereavementcare.org.uk
- **Epilepsy Bereaved**
www.bodley.ox.ac.uk/external/epilepsy
- **Lesbian and Gay Bereavement Project**
e-mail: lgbp@freeserve.co.uk
- **London Bereavement Network**
e-mail: info@bereavement.org.uk
www.bereavement.org.uk
- **Roadpeace**
www.roadpeace.org.uk
- **STEPS**
e-mail: mokane@breathingspace.fsnet.co.uk
- **Stillbirth and Neonatal Death Society (SANDS)**
e-mail: support@uk-sands.org
www.uk-sands.org
- **Terrence Higgins Trust**
e-mail: counselling@ttht.org.uk
www.ttht.org.uk
- **The Compassionate Friends**
e-mail: info@tcf.org.uk
e-mail for siblings: sibbs@tcf.org.uk
<http://www.compassionatefriends.org>
- **The Miscarriage Association**
e-mail: miscarriage.association@care4free.net
www.the-ma.org.uk

BEREAVEMENT & LOSS

SECTION 10.5

(b) INTERNATIONAL INTERNET ADDRESSES

- **Grief and Bereavement**
<http://www.psychom.net/depression.grief.html>
- **Hospice Net**
<http://www.hospicenet.org>
- **Mothers in Sympathy and Support**
<http://www.misschildren.org>

(c) ONLINE SUPPORT GROUPS

- **Bereavement and Hospice Support Netline**
<http://www.ubalt.edu/www/bereavement>

FAMILY & CARER RESOURCES

(a) BOOKS

- **AFTER A DEATH**
 Price: £10.99
 Publisher: London: Robinson

S. Clayton
 ISBN: 0 8605 1956 2
- **LIVING WITH GRIEF**
 Price: £7.99
 Publisher: London: Sheldon

T. Lake
 ISBN: 0 8596 9426 7
- **WHAT TO DO WHEN SOMEONE DIES**
 Price: £9.99
 Publisher: London: Which? Books

P. Harris
 ISBN: 0 85202 816 4

Feedback: *Useful for staff and clients, particularly someone who is looking for good practical help and advice. Little on the grieving process and emotional aspects.*

(b) LEAFLETS

- **Cruse**
 Contact Address: 126 Sheen road
 Richmond
 Surrey
 TW9 1UR
 Contact No: (020) 89404818

- A Support Service For All Bereaved People and Those Helping Them
 - Helping the Bereaved
- **Help the Aged**
 Contact Address: 207221
 Pentonville Road
 London
 N1 9UZ
 Contact No: (020) 72781114

- Bereavement
- **MIND**
 Contact Address: 15-19 Broadway
 London
 E15 4BQ
 Contact No: (020) 85192122

- Understanding Bereavement
- **Relaxation for Living**
 Contact Address: 29 Burrwood Park Road
 Walton on Thames
 KT12 5LH
 Contact No: (01932) 227826

- Easing Grief for Oneself and Other People
- **SANDS**
 Contact Address: 28 Portland Place
 London
 W1N 4DE
 Contact No: (020) 74367940

- Stillbirth and Neonatal Death: How You Can Help
 - Befriending: The First Visit

BEREAVEMENT & LOSS

SECTION 10.6

- **Victim Support**

Contact Address: National Office
Cranmer House
39 Brixton Road
London
SW9 6DZ
Contact No: (020) 77359166

- Murder and Manslaughter

MENTAL HEALTH HANDBOOK EXTRACTS

'Give sorrow words: for the grief that does not speak
knits up the o'er wrought heart, and bids it break'

– Macbeth –

The word bereavement means, 'to be robbed of something valued'. Grieving is a process of adjusting to that loss and is universal. Although most often applied when the loss involves a death it can be applied to many other situations.

Bereavement is a process

People pass through a number of **stages in grief**, which can vary in sequence and length for each individual.

- ◆ **Stage One – Shock.** The reality of the loss takes time to sink in. Initial reactions vary from numbness, denial, disbelief, hysteria, to not being able to think straight. These natural reactions cushion us against the loss and allow us to feel it more slowly and cope with it better.
- ◆ **Stage Two – Protest.** At this stage the person protests that the loss cannot be real. Strong and powerful feelings occur, such as anger, guilt, sadness, fear, yearning and searching, while the person struggles between denying and accepting the reality of what has happened.
- ◆ **Stage Three – Disorganisation.** This is the stage when the reality of the loss is only too real. This is the low point of the wheel of grief, characterised by bleakness, despair, depression, apathy, anxiety and confusion. The person may feel that the feelings will go on forever.
- ◆ **Stage Four – Reorganisation.** The person begins to rebuild a life, acquiring more balance and being able to choose to remember happier times. The person returns to previous functioning, but often with changed values and new meaning in life.

Tasks involved in grieving

- 1 **Accepting the loss:** The starting point of grief is intellectually and emotionally to accept the loss. At first the loss is not taken

in and, for example, the grieving individual may keep all the person's belongings. It takes time for those possessions to be let go.

- 2 **Feeling the pain:** This means allowing an array of emotions to be allowed, recognised and experienced. The pain of grief is very real, and as with any pain we try to avoid it, but it is an essential part of the process and must be acknowledged and worked through. Some people will try to avoid that pain by keeping themselves very busy. Other people might defend themselves against the pain by saying to themselves, 'I've got to be strong for everybody else'. Crying about it is undoubtedly helpful as it allows painful feelings to be expressed.
- 3 **Talking about it:** Talking it over and over, and reminiscing helps it to sink in. Talking about regrets, expressing fears and anger is helpful. Do not take the attitude that 'it doesn't help to rake it up'. The listener often just needs to be present to listen, and encourage talk of the deceased.
- 4 **Take one day at a time:** It helps to focus on now, and not to try to take on everything at once. Grieving takes the time it takes, there are no fixed time limits and it is not a process that can be hurried. Do not feel, 'I should have got over this by now'. Expect anniversaries to be times when sad feelings are rekindled.
- 5 **Be your own best friend:** Look after yourself; rest, eat well, take time to retreat and time to talk, try not to become too isolated but seek out social support.
- 6 **Exercise: a letter from the heart:** When someone dies everyone has things they wished they had said. Write a letter expressing all your feelings; write about the good things and the bad things, the things you most liked and the things you least liked, the things you could never talk about, write about how you will remember the deceased. Say goodbye.

11. BI-POLAR DISORDER/MANIC DEPRESSION

SECTION NO.

11.1 WORKER RESOURCES

- (a) Books
- (b) Leaflets

11.2 CLIENT RESOURCES

- (a) Books
- (b) Leaflets

11.3 CONTACT INFORMATION FOR NATIONAL ORGANISATIONS/SUPPORT GROUPS

11.4 CONTACT INFORMATION FOR LOCAL ORGANISATIONS/SUPPORT GROUPS

- (a) Barrow & Ulverston Areas
- (b) Kendal & South Lakes Areas
- (c) Other Areas

11.5 INTERNET RESOURCES

- (a) UK Internet Addresses
- (b) International Internet Addresses

11.6 FAMILY & CARER RESOURCES

- (a) Leaflets
- (b) Internet Resources

SEE ALSO CROSS-REFERENCES:

- Addictions - Alcohol
- Addictions - Drugs
- Protocol For The Treatment Of Psychosis In Primary Care (See Appendix 1.4)

WORKER RESOURCES

(a) BOOKS

- **COPING WITH DEPRESSION AND ELATION** **P. McKeon**
 Price: £6.99 ISBN: 0 85969 747 9
 Publisher: London: Sheldon

Feedback: *Good overall, easy to understand, useful for clients, their families and carers.*
- **LIVING WITHOUT DEPRESSION & MANIC DEPRESSION: A WORKBOOK FOR MAINTAINING MOOD STABILITY** **M.E. Copeland**
 Price: £11.95 ISBN: 1 8792 3774 1
 Publisher: USA: New Harbinger
- **MANAGING MANIC DEPRESSIVE DISORDERS** **V. Varma**
 Price: £16.99 ISBN: 1 85302 347 7
 Publisher: London: Jessica Kingsley

Feedback: *This concisely written book for staff explores different ways of managing these disorders. The reasons for the onset of manic depression are considered in order to further understand and assist treatment by increasing knowledge of how manic-depressives actually feel.*

(b) LEAFLETS

- **Manic Depression Fellowship** - Bi-Polar Disorder Pack
 Contact Address: RAP
 201 Spotland Road
 Rochdale
 OL12 7AF
 Contact No: (01706) 644981

Feedback: *Useful for staff and clients, some of it requires significant vocabulary but key message comes across. Particularly good for clients with this diagnosis who are motivated.*
- **MIND** - Understanding Manic Depression
 Contact Address: 15-19 Broadway
 London
 E15 4BQ
 Contact No: (020) 85192122

Feedback: *Excellent, useful for staff, clients and anyone with any reason to find out about bi-polar disorder.*
- **Mood Swings Network** - Manic Depression: The Facts
 Contact Address: 23 New Mount Street
 Manchester
 M4 4DE
 Contact No: (0161) 953 4105

Feedback: *Useful for staff and clients. Particularly good for clients and carers who want to know more about diagnosed condition.*

CLIENT RESOURCES

(a) BOOKS

- **COPING WITH DEPRESSION AND ELATION** **P. McKeon**
 Price: £6.99 ISBN: 0 85969 747 9
 Publisher: London: Sheldon

Feedback: *Good overall, easy to understand, useful for clients, their families and carers.*
- **LIVING WITHOUT DEPRESSION & MANIC DEPRESSION: A WORKBOOK FOR MAINTAINING MOOD STABILITY** **M.E. Copeland**
 Price: £11.95 ISBN: 1 8792 3774 1
 Publisher: USA: New Harbinger

(b) LEAFLETS

- **Manic Depression Fellowship** - Bi-Polar Disorder Pack
 Contact Address: RAP
 201 Spotland Road
 Rochdale
 OL12 7AF
 Contact No: (01706) 644981

Feedback: *Useful for staff and clients, some of it requires significant vocabulary but key message comes across. Particularly good for clients with this diagnosis who are motivated.*
- **MIND** - Understanding Manic Depression
 Contact Address: 15-19 Broadway
 London
 E15 4BQ
 Contact No: (020) 85192122

Feedback: *Excellent, useful for staff, clients and anyone with any reason to find out about bi-polar disorder.*
- **Mood Swings Network** - Manic Depression: The Facts
 Contact Address: 23 New Mount Street
 Manchester
 M4 4DE
 Contact No: (0161) 9534105

Feedback: *Useful for staff and clients. Particularly good for clients and carers who want to know more about diagnosed condition.*

CONTACT INFORMATION FOR NATIONAL ORGANISATIONS/SUPPORT GROUPS

- **Manic Depression Fellowship**
Castle Works
21 St George's Road
London
SE1 6ES
(020) 77932600
(020) 77932639 – fax

Self-help organisation for people with bi-polar disorder.

- **Manic Depression Fellowship (Scotland)**
7 Woodside Crescent
Glasgow
G3 7UL
(0141) 4001867
(0141) 3310366 - fax
(0141) 3310344 – helpline

- **Manic Depression Fellowship (Wales)**
1 Palmyra Place
Newport
NP20 4EJ
(01633) 244244
(01633) 244111 – fax

- **Mood Swings Network**
23 New Mount Street
Manchester
M4 4DE
(0161) 9534105 – helpline Mon-Fri
10.30 am-4.30 pm
(0161) 9534001 – fax

They will send some free leaflets.

CONTACT INFORMATION FOR LOCAL ORGANISATIONS/SUPPORT GROUPS

(a) BARROW & ULVERSTON AREAS

- **Manic Depression Support Group**
Maureen Wells
c/o Duddon House
Fairfield Lane
Barrow-In-Furness
LA13 9AZ
(01229) 430333
(01229) 830053 - fax

(b) KENDAL & SOUTH LAKES AREAS

- **Manic Depression Fellowship**
Flat 1
68 Shap Street
Kendal
LA9 6DP
(01539) 732059 (Kinta House)

(c) OTHER AREAS

- **Manic Depression Fellowship**
Penny Elias
3 Ashfield Road
Workington
CA14 3HU
(01900) 66037

Will come and meet and give talks to people in this area.

INTERNET RESOURCES

(a) UK INTERNET ADDRESSES

- **Manic Depression Fellowship**
e-mail: mdf@mdf.org.uk
www.mdf.org.uk
- **Manic Depression Fellowship Scotland**
e-mail: manic@globalnet.co.uk
<http://www.pendulum.org.htm>
<http://www.moodswing.org>
- **Manic Depression Fellowship Wales**
e-mail: mdf.wales@btclick.com
www.manicdepressionwales.org.uk

(b) INTERNATIONAL INTERNET ADDRESSES

- **Bi-Polar Disorder Frequently Asked Question (FAQ)**
<http://www.moodswing.org/bdfaq.html>
- **Expert Consensus Treatment Guidelines for Bi-Polar Disorder: A Guide for Patients and Families**
<http://www.psychguides.com/bpge.html>
- **Manic-Depressive Illness: An Information Book for Patients, Their Families and Friends**
<http://www.mentalhealth.com/fr20.html>
- **Mood Disorders: Depression and Manic Depression**
<http://www.nami.org/disorder/disord6.htm>

FAMILY & CARER RESOURCES

(a) LEAFLETS

- **MIND** - Understanding Manic Depression
Contact Address: 15-19 Broadway
London
E15 4BQ
Contact No: (020) 85192122

Feedback: *Excellent, useful for staff, clients and anyone with any reason to find out about bi-polar disorder.*
- **Mood Swings Network** - Manic Depression: The Facts
Contact Address: 23 New Mount Street
Manchester
M4 4DE
Contact No: (0161) 9534105

Feedback: *Useful for staff and clients. Particularly good for clients and carers who want to know more about diagnosed condition.*

(b) INTERNET RESOURCES

- **Expert Consensus Treatment Guidelines for Bi-Polar Disorder: A Guide for Patients and Families**
<http://www.psychguides.com/bphe.html>
- **Manic-Depressive Illness: An Information Book for Patients, Their Families and Friends**
<http://www.mentalhealth.com/fr20.html>

12. BULIMIA NERVOSA

SECTION NO.

12.1 WORKER RESOURCES

- (a) Books
- (b) Leaflets

12.2 CLIENT RESOURCES

- (a) Books
- (b) Leaflets

12.3 CONTACT INFORMATION FOR NATIONAL ORGANISATIONS/SUPPORT GROUPS

12.4 CONTACT INFORMATION FOR LOCAL ORGANISATIONS/SUPPORT GROUPS

- (a) Barrow & Ulverston Areas

12.5 INTERNET RESOURCES

- (a) UK Internet Addresses
- (b) International Internet Addresses
- (c) Online Support Groups

12.6 FAMILY & CARER RESOURCES

- (a) Leaflets
- (b) Internet Resources

12.7 MENTAL HEALTH HANDBOOK EXTRACTS

- (a) Understanding Bulimia Nervosa

SEE ALSO CROSS-REFERENCES:

- Addictions - Alcohol
- Addictions - Drugs
- Anorexia Nervosa
- Depression
- Overeating
- Protocol For The Treatment Of Eating Disorders In Primary Care (See Appendix 1.3)

WORKER RESOURCES**(a) BOOKS**

- **BULIMIA NERVOSA AND BINGE EATING: A SELF HELP GUIDE USING COGNITIVE BEHAVIOURAL TECHNIQUES**
Price: £6.99
Publisher: London: Robinson
P. Cooper
ISBN: 1 85487 171 4

Feedback: *Quite basic information so it possesses some usefulness for staff, but more useful for clients and their families. Easy to read and understand, clear organisation of information and treatment steps. Content good, but slightly repetitive and superficial, i.e. bulimia and bingeing are treated as the problems, not the symptoms.*
- **COPING STRATEGIES THERAPY FOR BULIMIA NERVOSA**
Price: £33.95
Publisher: Washington DC: American Psychological Association
D.L. Tobin
ISBN: 1 55798 638 X

Feedback: *Detailed, American, content good.*
- **GETTING BETTER BIT(E) BY BIT(E)**
Price: £9.95
Publisher: Hove: Psychology Press
U. Schmidt & J. Treasure
ISBN: 0 86377 322 2

Feedback: *Definitely useful for staff and clients, could also be useful as guidance for a treatment plan. Takes clients step by step in a gentle way. Very clear, well organised and easy to understand. Good all round information. Particularly good for well motivated bulimic clients who can work on their problems alone, also good support for therapy and treatment plan.*
- **MIND OVER MOOD**
Price: £14.95
Publisher: London: Guilford
D. Greenberger & C.A. Padesky
ISBN: 0 89862 128 3

Feedback: *Although not specific to eating disorders, this is a clear, well laid out book based on Cognitive Therapy methods. It includes a true self-help text in which easy yet profound, exercises lead readers to deeper understanding and sense of control over their inner lives.*
- **OVERCOMING BINGE EATING**
Price: £11.50
Publisher: London: Guilford
C. Fairburn
ISBN: 0 89862 179 8

Feedback: *Useful for staff and clients, first half summarises up to date research, relatively easy to understand. Second half is self-help programme. Content accurate, research based. Useful for anyone with binge eating disorder or bulimia and any staff working in this area.*

BULIMIA NERVOSA

SECTION 12.1

(b) LEAFLETS

- **Eating Disorders Association**
Contact Address: 103 Prince of Wales Road
Norwich
NR1 1DW
Contact No: (01603) 619090
- Understand Anorexia & Bulimia Nervosa
- **MIND**
Contact Address: 15-19 Broadway
London
E15 4BQ
Contact No: (020) 85192122
- Eating Distress
- **Royal College of Psychiatrists**
Contact Address: 17 Belgrave Square
London
SW1X 8PG
Contact No: (020) 72352351
- Anorexia & Bulimia

CLIENT RESOURCES**(a) BOOKS**

- **BULIMIA NERVOSA AND BINGE EATING: A SELF HELP GUIDE USING COGNITIVE BEHAVIOURAL TECHNIQUES**
Price: £6.99
Publisher: London: Robinson
P. Cooper
ISBN: 1 85487 171 4

Feedback: *Quite basic information so it possesses some usefulness for staff, but more useful for clients and their families. Easy to read and understand, clear organisation of information and treatment steps. Content good, but slightly repetitive and superficial, i.e. bulimia and bingeing are treated as the problems, not the symptoms.*

- **FAT IS A FEMINIST ISSUE**
Price: Not Known
Publisher: Arrow
S. Orbach
ISBN: 0 09 938830 8

Feedback: *This is a useful publication presented from a feminist perspective.*

- **GETTING BETTER BIT(E) BY BIT(E)**
Price: £9.95
Publisher: Hove: Psychology Press
U. Schmidt & J. Treasure
ISBN: 0 86377 322 2

Feedback: *Definitely useful for staff and clients, could also be useful as guidance for a treatment plan. Takes clients step by step in a gentle way. Very clear, well organised and easy to understand. Good all round information. Particularly good for well motivated bulimic clients who can work on their problems alone, also good support for therapy and treatment plan.*

- **MIND OVER MOOD**
Price: £14.95
Publisher: London: Guilford
D. Greenberger & C.A. Padesky
ISBN: 0 89862 128 3

Feedback: *Although not specific to eating disorders, this is a clear, well laid out book based on Cognitive Therapy methods. It includes a true self-help text in which easy yet profound, exercises lead readers to deeper understanding and sense of control over their inner lives.*

- **OVERCOMING BINGE EATING**
Price: £11.50
Publisher: London: Guilford
C. Fairburn
ISBN: 0 89862 179 8

Feedback: *Useful for staff and clients, first half summarises up to date research, relatively easy to understand. Second half is self-help programme. Content accurate, research based. Useful for anyone with binge eating disorder or bulimia and any staff working in this area.*

BULIMIA NERVOSA

SECTION 12.2

(b) LEAFLETS

- **Eating Disorders Association**
Contact Address: 103 Prince of Wales Road
Norwich
NR1 1DW
Contact No: (01603) 619090
- Understand Anorexia & Bulimia Nervosa
- **MIND**
Contact Address: 15-19 Broadway
London
E15 4BQ
Contact No: (020) 85192122
- Eating Distress
- **Royal College of Psychiatrists**
Contact Address: 17 Belgrave Square
London
SW1X 8PG
Contact No: (020) 72352351
- Anorexia & Bulimia

CONTACT INFORMATION FOR NATIONAL ORGANISATIONS/SUPPORT GROUPS

- **Anorexia & Bulimia Nervosa Association**
Tottenham Women & Health Centre
Annexe C
Tottenham Town Hall
Tottenham
N15 4RB
(020) 84890000 - Town Hall
switchboard
- **Centre for Eating Disorders (Scotland)**
3 Sciennes Road
Edinburgh
EH9 1LE
(0131) 6683051
e-mail: maryhart@aol.com
- **Eating Disorders Association**
First Floor
Wensum House
103 Prince of Wales Road
Norwich
Norfolk
NR1 1DW
(01603) 619090 – admin
(01603) 624310 – media
(01603) 664915 – fax
e-mail: info@edauk.com
www.edauk.com
- **Northern Initiative on Women and Eating**
Room 5
1 Pink Lane
Newcastle-upon-Tyne
NE1 5DW
(0191) 2210233 – Mon–Fri,
9 am–3 pm.
- **The Advocacy Project**
Contact: Helen
The Advocacy Project
PO Box 31
Middlesbrough
Cleveland
TS4 2JJ
(01642) 244771 – advocacy line
(01642) 225787 – counselling line
(Mon & Thu, 12 noon–7.30 pm,
Tue & Wed, 9 am–4.40 pm,
Fri, 9 am–4 pm.)

They will send some free information.

**CONTACT INFORMATION FOR LOCAL ORGANISATIONS/SUPPORT
GROUPS**

(a) BARROW & ULVERSTON AREAS

- **Furness Eating Disorders Support
Group**
St Mary's Parish Church Centre
Church Street
Dalton-In-Furness
Cumbria
(01229) 475177
Mon 10 am–1 pm
(01229) 463019 Wed 7-9 pm

INTERNET RESOURCES**(a) UK INTERNET ADDRESSES**

- **Anorexia and Bulimia**
http://www.rcpsych.ac.uk/public/help/anor/anor_frame.htm
- **Centre for Eating Disorders (Scotland)**
e-mail: maryamhart@aol.com
- **Eating Disorders Association**
e-mail: info@edauk.com
www.edauk.com
or:
www.gurney.co.uk/eda/
www.serpell.com/freat.htm

(b) INTERNATIONAL INTERNET ADDRESSES

- **Anorexia Nervosa and Related Eating Disorder**
<http://www.anred.com>
- **Eating Disorders Awareness and Prevention**
<http://www.edap.org>
- **Harvard Eating Disorders Center**
<http://www.hedc.org/about.html>
- **How You Can Help Someone With An Eating Disorder**
<http://closetoyou.org/eatingdisorders/familyhelp.htm#PowerStruggles>
- **Mental Health Net, Eating Disorders**
<http://mentalhelp.net/guide/eating.htm>
- **National Eating Disorders Organization (NEDO)**
<http://www.kidsource.com/nedo/>

(c) ONLINE SUPPORT GROUPS

- **Support-Group.com**
http://www.support-group.com/cgi-bin/sg/get_links?eating_disorders

FAMILY AND CARER RESOURCES**(a) LEAFLETS**

- **Eating Disorders Association**
Contact Address: 103 Prince of Wales Road
Norwich
NR1 1DW
Contact No: (01603) 619090
- Understand Anorexia & Bulimia Nervosa
- **MIND**
Contact Address: 15-19 Broadway
London
E15 4BQ
Contact No: (020) 85192122
- Eating Distress
- **Royal College of Psychiatrists**
Contact Address: 17 Belgrave Square
London
SW1X 8PG
Contact No: (020) 72352351
- Anorexia & Bulimia

(b) INTERNET RESOURCES

- **How You Can Help Someone With An Eating Disorder**
<http://closetoyou.org/eatingdisorders/familyhelp.htm#PowerStruggles>
- **What are Eating Disorders?**
<http://www.noah.cuny.edu/wellconn/eatdisorders.html>

MENTAL HEALTH HANDBOOK EXTRACTS

■ Introduction

Bulimia is characterised by seriously disturbed eating habits which can include; regular food binges, vomiting and purging episodes, strict dieting and fasting, and misuse of laxatives and diuretics – all in an attempt to control body weight and shape. There is usually an extreme fear of 'fatness'. The full clinical condition occurs in 1 per cent of young women in Western society, although between 5–10 per cent of young women are prone to binge eating. It rarely occurs in men.

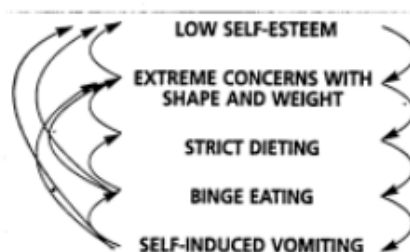
The person with bulimia is engaged in a constant battle with food – a love-hate relationship exists. Eating habits are chaotic with no regularity. Many are consumed by a powerful desire to be thin and are elated if they find that they have lost weight and depressed if they find that they have gained weight. People with bulimia often have a disturbance in body image. They tend to over-estimate their own size and feel that their bodies are larger than they actually are. On top of this they have a realistically small ideal size.

■ What causes Bulimia Nervosa?

There seem to be a number of predisposing factors, but perhaps the most consistent one is low self-esteem. Often, early family life is characterised by some unhappiness. Prior to the development of bulimia one third of patients have suffered from depression themselves, one third previously had anorexia and there is evidence that suggests that one third have been sexually abused. There is also strong evidence that the person with bulimia often tends to have a higher than average natural weight. Their personality turns towards perfectionism and they set high standards for themselves. Bulimia is heavily influenced by social and cultural factors. The most significant precipitating factor is usually a period of dieting which has been unsuccessful.

A number of psychological factors serve to perpetuate bulimia nervosa which are illustrated in the diagram below. A number of vicious circles are created where low self-esteem leads to concerns about shape and weight, which leads to strict dieting, which results in binge eating, which results in self-induced vomiting, which results in increased low self-esteem, increased

preoccupation with shape and weight, more bingeing, and so the vicious circle continues.



From Cooper, P (1979), *Bulimia Nervosa*, Robinson, London

■ Why can't I just stop bingeing?

The answer is that you probably unwittingly adopt a method of coping which is counter-productive. For example, fasting after a binge may make you feel better, but it also significantly increases your chances of bingeing again. Similarly, vomiting is a trap which leads to more eating, which in turn leads to more vomiting. Dieting is rarely successful. There is good evidence that dieting places people under such physical and psychological pressure to eat that it paradoxically causes people to overeat. In order to overcome bulimia you must give up the idea of dieting. The vast majority of people who give up a pattern of dieting and bingeing and replace it with a pattern of regular eating do not gain weight.

■ Weight

The only way to find out what your normal weight should be is to reinstate normal eating habits and see over a period of months what your weight should be. The ultimate choice is often, 'Is being a few pounds over what you are entirely happy with a worthwhile price to pay for normal eating habits and a normal lifestyle?'

■ Treatment

Research suggests that anti-depressant medication can help initially reduce the frequency of binges, but the person usually does not stop bingeing altogether or dieting and as such the results do not last. Cognitive-behavioural therapy, with the focus on changing behavioural patterns and challenging and changing thoughts and beliefs, has been shown to be the most effective treatment.

13. DEPRESSION

SECTION NO.

13.1 WORKER RESOURCES

- (a) Books
- (b) Leaflets
- (c) Tapes
- (d) CD-ROMS

13.2 CLIENT RESOURCES

- (a) Books
- (b) Leaflets
- (c) Tapes
- (d) Videos
- (e) CD-ROMS

13.3 CONTACT INFORMATION FOR NATIONAL ORGANISATIONS/SUPPORT GROUPS

13.4 CONTACT INFORMATION FOR LOCAL ORGANISATIONS/SUPPORT GROUPS

- (a) Barrow & Ulverston Areas
- (b) Kendal & South Lakes Areas

13.5 INTERNET RESOURCES

- (a) UK Internet Addresses
- (b) International Internet Addresses

13.6 FAMILY & CARER RESOURCES

- (a) Leaflets
- (b) Tapes
- (c) Videos
- (d) Contact Information For National Organisations/Support Groups
- (e) Internet Resources

13.7 MENTAL HEALTH HANDBOOK EXTRACTS

- (a) Information About Depression

SEE ALSO CROSS-REFERENCES:

- Addictions - Alcohol
- Addictions - Drugs
- Anxiety & Stress
- Bi-Polar Disorder/Manic Depression
- Post Natal Depression
- Protocol For The Treatment Of Depression In Primary Care (See Appendix 1.2)
- Seasonal Affective Disorder (SAD)

WORKER RESOURCES

(a) BOOKS

- **BREAKING THE BONDS** **D. Rowe**
 Price: £9.99 ISBN: 0 00 637565 0
 Publisher: London: Harper Collins

Feedback: *Of more use for staff education than clients. Detailed contents, good for understanding/information.*
- **COPING WITH ANXIETY AND DEPRESSION** **S. Trickett**
 Price: £6.99 ISBN: 0 85969 762 2
 Publisher: London: Sheldon
- **LIVING WITHOUT DEPRESSION & MANIC DEPRESSION: A WORKBOOK FOR MAINTAINING MOOD STABILITY** **M.E. Copeland**
 Price: £11.95 ISBN: 1 8792 3774 1
 Publisher: USA: New Harbinger
- **MIND OVER MOOD** **D. Greenberger & C. Padezky**
 Price: £14.95 ISBN: 0 89862 128 3
 Publisher: London: Guilford

Feedback: *Very useful for staff and clients, this clear, well laid out book based on Cognitive Therapy methods includes a true self-help text in which easy, yet profound, exercises lead readers to deeper understanding and sense of control over their inner lives.*
- **OVERCOMING DEPRESSION** **R. Gillet**
 Price: £9.99 ISBN: 0 86318 161 9
 Publisher: London: Dorling Kindersley

Feedback: *A very useful resource for clients and possibly staff. Clear and easy to understand. A comprehensive guide to preventing, treating and overcoming depression, including orthodox, alternative and self-help methods.*
- **OVERCOMING DEPRESSION: A PRACTICAL SELF-HELP GUIDE TO PREVENTION AND TREATMENT** **R. Gillet**
 Price: £9.99 ISBN: 0 86318 161 9
 Publisher: London: Dorling Kindersley

Feedback: *A very useful resource for clients and possibly staff. Clear and easy to understand. A comprehensive guide to preventing, treating and overcoming depression, including orthodox, alternative and self-help methods.*
- **OVERCOMING DEPRESSION: A SELF-HELP GUIDE USING COGNITIVE BEHAVIOURAL TECHNIQUES** **P. Gilbert**
 Price: £7.99 ISBN: 1 84119 125 6
 Publisher: London: Robinson

Feedback: *Useful for staff and clients, excellent, up to-date ideas. Could be particularly good for mental health workers, GPs, clients and carers.*

DEPRESSION

SECTION 13.1

- SEEING RED AND FEELING BLUE
Price: £12.99
Publisher: London: Century

S. Aldridge
ISBN: 0 7126 8073 X

Feedback: *Useful for staff, not sure about clients, probably would not recommend it. Clients may get bogged down with it. Useful for information and understanding rather than practical self-help. Content accurate, goes into a lot of detail about history and research.*

- THE DEPRESSION WORKBOOK
Price: £15.99
Publisher: USA: New Harbinger

M.E. Copeland
ISBN: 1 8792 3732 6

- THE FEELING GOOD HANDBOOK
Price: £18.50
Publisher: USA: Plume

D. Burns
ISBN: 0 4522 8132 6

Feedback: *Useful for both staff and clients but self-help exercises probably make it more useful for clients. Some clients may not be familiar with some of the terms used as they are American. Content very good, easy to read. Good for clients who are motivated to engage in self-help and prepared to do the exercises, and clients who are aware of their feelings. Some people may be put off by the size of the book.*

(b) LEAFLETS

- **AWARE**
Contact Address: 72 Lower Leeson Street
Dublin2
Eire
Contact No: 00353 16766166
- Better Understanding Through Increased Awareness
- **Depression Alliance**
Contact Address: 35 Westminster Bridge Road
London
SE1 7JB
Contact No: (020) 76330557
- Everything You Need to Know About Depression
- The Young Person's Guide to Stress
- Self-Help Group Network Information
- Depression Affects In Five of Us at Some Point in Our Lives
- **Fellowship of Depressives Anonymous**
Contact Address: Box FDA
Self Help Nottingham
Ormiston House
32-36 Pelham Street
Nottingham
NG1 2EG
Contact No: (01702) 433838
- Helpful Thoughts from FDA
- Depressed?
- Notes for Relatives and Friends of Depression Sufferers
- Ten Rules for Coping With Panic
- **MIND**
Contact Address: 15-19 Broadway
London
E15 4BQ
Contact No: (020) 85192122
- The MIND Guide to Food & Mood
- Depression
- Seasonal Affective Disorder

DEPRESSION

SECTION 13.1

- **Northumberland Mental Health NHS Trust**
Contact Address: St George's Hospital
Morepeth
Northumberland
NE61 2NU
Contact No: (01670) 512121
- Depression
- Depression and Low Mood
- **Royal College of Psychiatrists**
Contact Address: 17 Belgrave Square
London
SW1X 8PG
Contact No: (020) 72352351
- Men Behaving Sadly
- Depression

(c) TAPES

- **COPING WITH DEPRESSION**
Price: £13.99
Publisher: Wendy Lloyd Audio
Productions Ltd
Contact Address: PO Box 1
Wirral
L47 7DD
Contact No: (0151) 6320662
Talking Life
ISBN: 1 901910 20 2
 - **INTRODUCTION TO DEPRESSION**
Price: £1.00
Publisher: Not Known
Contact Address: 35 Westminster Bridge Road
London
SE1 7JB
Contact No: (020) 76330557
Depression Alliance
- Feedback:** *Useful for staff and clients, particularly clients with depression and their families. Content good.*

(d) CD-ROMS

- **RESTORING THE BALANCE**
Price: £25.00
Publisher: London: The Mental Health
Foundation
Contact Address: 20-21 Cornwall Terrace
London
NW1 4QL
Contact No: (020) 75357400
Mental Health Foundation
ISBN: 0 90 01944 777
- Feedback:** *Useful for staff and clients. Content accurate though brief. May be particularly good for clients with milder anxiety and depression who are computer literate. Addresses how to move away from depression and anxiety using a Cognitive Behavioural Therapy framework.*

CLIENT RESOURCES

(a) BOOKS

- CHOOSING, NOT LOSING **D. Rowe**
 Price: £7.99 ISBN: 0 00 637202 3
 Publisher: London: Harper Collins

Feedback: *Of more use for clients than staff. Nice mixture of theory and a wide range of examples from individuals. Something for everyone.*
- CLIMBING OUT OF DEPRESSION – A PRACTICAL GUIDE FOR SUFFERERS **S. Atkinson**
 Price: £7.99 ISBN: 0 7459 2248 1
 Publisher: Oxford: Lion

Feedback: *More useful for clients than staff education. Easy to tackle concise book. Provides understanding/information and self-help exercises.*
- COPING WITH ANXIETY AND DEPRESSION **S. Trickett**
 Price: £6.99 ISBN: 0 85969 762 2
 Publisher: London: Sheldon
- COPING WITH DEPRESSION AND ELATION **P. McKeon**
 Price: £6.99 ISBN: 0 85969 747 9
 Publisher: London: Sheldon
- DOWN WITH GLOOM! OR HOW TO DEFEAT DEPRESSION **M. Calman**
 Price: £5.00 ISBN: 0 902241 64 8
 Publisher: London: Gaskell

Feedback: *Mainly useful for clients. This medically orientated book offers a basic understanding of depression and its treatments.*
- LIVING WITHOUT DEPRESSION & MANIC DEPRESSION: A WORKBOOK FOR MAINTAINING MOOD STABILITY **M.E. Copeland**
 Price: £11.95 ISBN: 1 8792 3774 1
 Publisher: USA: New Harbinger
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 Publisher: London: Guilford

Feedback: *Very useful for staff and clients, this clear, well laid out book based on Cognitive Therapy methods includes a true self-help text in which easy, yet profound, exercises lead readers to deeper understanding and sense of control over their inner lives.*
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 Price: £9.99 ISBN: 0 86318 161 9
 Publisher: London: Dorling Kindersley

Feedback: *A very useful resource for clients and possibly staff. Clear and easy to understand. A comprehensive guide to preventing, treating and overcoming depression, including orthodox, alternative and self-help methods.*

DEPRESSION

SECTION 13.2

- **OVERCOMING DEPRESSION: A SELF-HELP GUIDE USING COGNITIVE BEHAVIOURAL TECHNIQUES**

P. Gilbert

Price: £7.99

ISBN: 1 84119 125 6

Publisher: London: Robinson

Feedback: *Useful for staff and clients, excellent, up to-date ideas. Could be particularly good for mental health workers, GPs, clients and carers.*

- **STRESS, ANXIETY AND DEPRESSION**

M. Simmons & P. Daw

Price: £25.95

ISBN: 0 86388 122 X

Publisher: Oxon: Winslow

Feedback: *Useful for clients. Facilitators of an anxiety management group found it a useful resource, liked the feel of the book, well set out, clearly broken down into sections and had some good ideas.*

- **THE DEPRESSION WORKBOOK**

M.E. Copeland

Price: £15.99

ISBN: 1 8792 3732 6

Publisher: USA: New Harbinger

- **THE FEELING GOOD HANDBOOK**

D. Burns

Price: £18.50

ISBN: 0 4522 8132 6

Publisher: USA: Plume

Feedback: *Useful for both staff and clients but self-help exercises probably make it more useful for clients. Some clients may not be familiar with some of the terms used as they are American. Content very good, easy to read. Good for clients who are motivated to engage in self-help and prepared to do the exercises, and clients who are aware of their feelings. Some people may be put off by the size of the book.*

(b) LEAFLETS

- **AWARE**

Contact Address: 72 Lower Leeson Street
Dublin2
Eire

Contact No: 00353 16766166

- Better Understanding Through
Increased Awareness

- **Depression Alliance**

Contact Address: 35 Westminster Bridge Road
London
SE1 7JB

Contact No: (020) 76330557

- Everything You Need to Know
About Depression
- The Young Person's Guide to
Stress
- Self-Help Group Network
Information
- Depression Affects In Five of Us at
Some Point in Our Lives

DEPRESSION

SECTION 13.2

- **Fellowship of Depressives Anonymous**
Contact Address: Box FDA
Self Help Nottingham
Ormiston House
32-36 Pelham Street
Nottingham
NG1 2EG
Contact No: (01702) 433838
 - Helpful Thoughts from FDA
 - Depressed?
 - Notes for Relatives and Friends of Depression Sufferers
 - Ten Rules for Coping With Panic
- **MIND**
Contact Address: 15-19 Broadway
London
E15 4BQ
Contact No: (020) 85192122
 - The MIND Guide to Food & Mood
 - Depression
 - Seasonal Affective Disorder
- **Northumberland Mental Health NHS Trust**
Contact Address: St George's Hospital
Morepeth
Northumberland
NE61 2NU
Contact No: (01670) 512121
 - Depression
 - Depression and Low Mood
- **Royal College of Psychiatrists**
Contact Address: 17 Belgrave Square
London
SW1X 8PG
Contact No: (020) 72352351
 - Men Behaving Sadly
 - Depression

(c) TAPES

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Price: £13.99
Publisher: Wendy Lloyd Audio
Productions Ltd
Contact Address: PO Box 1
Wirral
L47 7DD
Contact No: (0151) 6320662
Talking Life
ISBN: 1 901910 20 2
 - **INTRODUCTION TO DEPRESSION**
Price: £1.00
Publisher: Not Known
Contact Address: 35 Westminster Bridge Road
London
SE1 7JB
Contact No: (020) 76330557
Depression Alliance
- Feedback:** *Useful for staff and clients, particularly clients with depression and their families. Content good.*

(d) VIDEOS

- UNDERSTANDING DEPRESSION: SELF-HELP - THE FIRST CRUCIAL STEPS TO RECOVERY **Depression Alliance**

Price: Not Known
 Publisher: Not Known
 Contact Address: 35 Westminster Bridge Road
 London
 SE1 7JB
 Contact No: (0171) 6339929

Feedback: *The content of the video is accurate. It is an excellent introduction to depression, providing a basic understanding of the issues. It is positive, informative and easy to understand. It is especially good for clients, their families and friends.*

- WHAT YOU REALLY NEED TO KNOW ABOUT DEPRESSION

Price: £17.50 **First Steps to Freedom**
 Publisher: London: Videos for Patients
 Contact Address: PO Box 22547
 London
 W8 7GW
 Contact No: (020) 77272690

Feedback: *Useful for clients especially clients with depression and their families.*

(e) CD-ROMS

- RESTORING THE BALANCE **Mental Health Foundation**

Price: £25.00 ISBN: 0 90 01944 777
 Publisher: London: The Mental Health Foundation
 Contact Address: 20-21 Cornwall Terrace
 London
 NW1 4QL
 Contact No: (020) 75357400

Feedback: *Useful for staff and clients. Content accurate though brief. May be particularly good for clients with milder anxiety and depression who are computer literate. Addresses how to move away from depression and anxiety using a Cognitive Behavioural Therapy framework.*

CONTACT INFORMATION FOR NATIONAL ORGANISATIONS/SUPPORT GROUPS

- **Aware**
72 Lower Leeson Street
Dublin2
EIRE
00353 16766166
- **Aware Defeat Depression**
Depression Information Centre
22 Great James Street
Derry
County Londonderry
BT48 7DA
(0287) 1260602
(0287) 1309229

Information and support for sufferers and relatives.
- **C.A.L.M. (Campaign Against Living Miserably)**
Publicity Officer (CALM)
Department of Health
Room 231 B
Skipton House
80 London Road
London
SE1 6LW
0800 585858 5 pm-3 am

Free and confidential helpline for 15-24 year old men experiencing depression.
- **Depression Alliance**
35 Westminster Bridge Road
London
SE1 7JB
(020) 76330557
(020) 76330559 – fax

Charity offering help to sufferers of depression.
- **Depression Alliance Cymru (Wales)**
11 Plas Melin
Westbourne Road
Whitchurch
Cardiff
CF14 2BT
(02920) 692891
(02920) 521774 – fax
- **Depression Alliance Scotland**
3 Grosvenor Gardens
Edinburgh
EH12 5JU
(0131) 4673050
(0131) 4677701 - fax
- **Fellowship of Depressives Anonymous**
Box FDA
Self Help Nottingham
Ormiston House
32-36 Pelham Street
Nottingham
NG1 2EG
(01702) 433838
(01702) 433843

Organises self-help groups, a pen-friend scheme and newsletters.
- **Stress, Anxiety and Depression Helpline**
Steve Jackson
PO Box 813
Aylesford
Kent
ME20 7DY
(01622) 717656
- **The Food & Mood Project**
PO Box 2737
Lewes
BN7 2GN
(01273) 478108

Newsletter, consultations and workshops.

**CONTACT INFORMATION FOR LOCAL ORGANISATIONS/SUPPORT
GROUPS**

(a) BARROW & ULVERSTON AREAS

- **MIND-in-Furness**
64 School Street
Barrow-In-Furness
(01229) 827094
- **Ulverston MIND**
Room 204/206
Coniston House
New Market Street
Ulverston
(01229) 581578
e-mail: ulvmind@tesco.net

KENDAL & SOUTH LAKES AREAS

- **Kendal MIND**
106a Highgate
Kendal
LA9 4HE
(01539) 740591

INTERNET RESOURCES

(a) UK INTERNET ADDRESSES

- **Aware Defeat Depression**
e-mail: awaredepression@btinternet.com
or: aware@iol.ie
www.aware-ni.org
- **Depression Alliance**
e-mail: information@depressionalliance.org
www.depressionalliance.org
- **Depression Alliance Cymru (Wales)**
www.depressionalliance.org.uk/wales
- **Depression Alliance Scotland**
www.depressionalliance.org.uk/scotland
- **SAD Association**
www.sada.org.uk
- **Stress, Anxiety and Depression Helpline**
Stresshelp@btinternet.com

(b) INTERNATIONAL INTERNET ADDRESSES

- **Basics of Cognitive Therapy**
<http://mindstreet.com/mindstreet/cbt.html>
- **Cognitive Therapy: A Multimedia Learning Program**
<http://mindstreet.com/synopsis.html>
- **How to Help A Person With Depression**
<http://www.mentalhealth.com/story/p52-dps2.html>
- **Cognitive Therapy**
http://www.depression.com/health_library/anti_depressant_the_rapies/anti_22_cognitive.html
- **Depression**
<http://www.nimh.nih.gov/publicat/depressionmenu.cfm>
- **Psychology Information Online: Depression**
<http://www.psychologyinfo.com/depression>

FAMILY & CARER RESOURCES

(a) LEAFLETS

- **AWARE** - Better Understanding Through Increased Awareness

Contact Address: 72 Lower Leeson Street
Dublin2
EIRE

Contact No: 00353 16766166
- **Depression Alliance** - Everything You Need to Know About Depression

Contact Address: 35 Westminster Bridge Road
London
SE1 7JB

Contact No: (020) 76330557
- **Fellowship of Depressives Anonymous** - Helpful Thoughts from FDA
- Notes for Relatives and Friends of Depression Sufferers

Contact Address: Box FDA
Self Help Nottingham
Ormiston House
32-36 Pelham Street
Nottingham
NG1 2EG

Contact No. (01702) 433838
- **MIND** - Depression

Contact Address: 15-19 Broadway
London
E15 4BQ

Contact No: (020) 85192122

(b) TAPES

- INTRODUCTION TO DEPRESSION **Depression Alliance**

Price: £1.00

Publisher: Not Known

Contact Address: 35 Westminster Bridge Road
London
SE1 7JB

Contact No: (020) 76330557

Feedback: *Useful for staff and clients, particularly clients with depression and their families. Content good.*

(c) VIDEOS

- UNDERSTANDING DEPRESSION: SELF-HELP - THE FIRST CRUCIAL STEPS TO RECOVERY **Depression Alliance**

Price: Not Known
Publisher: Not Known
Contact Address: 35 Westminster Bridge Road
London
SE1 7JB
Contact No: (0171) 6339929

Feedback: *The content of the video is accurate. It is an excellent introduction to depression, providing a basic understanding of the issues. It is positive, informative and easy to understand. It is especially good for clients, their families and friends.*

- WHAT YOU REALLY NEED TO KNOW ABOUT DEPRESSION **First Steps to Freedom**

Price: £17.50
Publisher: London: Videos for Patients
Contact Address: PO Box 22547
London
W8 7GW
Contact No: (020) 77272690

Feedback: *Useful for clients especially clients with depression and their families.*

(d) CONTACT INFORMATION FOR NATIONAL ORGANISATIONS/SUPPORT GROUPS

- **Aware Defeat Depression**
Depression Information Centre
22 Great James Street
Derry
County Londonderry
BT48 7DA
(0287) 1260602
(0287) 1309229

(e) INTERNET RESOURCES

- **Aware Defeat Depression**
e-mail: awaredepression@btinternet.com
www.aware-ni.org
- **How to Help A Person With Depression**
<http://www.mentalhealth.com/story/p52-dps2.html>

MENTAL HEALTH HANDBOOK EXTRACTS

'A problem that is well formulated is half resolved'

– Charles Wetters –

■ What is depression?

About 12 per cent of the population experience depression severe enough to require treatment at some time or other in their life.

People experience depression in many different ways, but perhaps the most prominent feature is a low or sad mood. Other typical signs of depression include lethargy, trouble with sleeping or early waking, feeling constantly tired, pessimistic negative thoughts, difficulty thinking straight or making decisions, change in appetite and loss of interest. There are different types of depressive reaction ranging from mild mood fluctuations or 'the blues', to severe clinical depression. At the severe end of the scale people often experience more marked physical symptoms and it seems likely that this is related to biochemical changes in the brain.

For most people a depressive reaction is triggered by a set of life events which they are finding difficult to cope with. Depression is not easy to 'snap out of', but there are ways that you can gradually free yourself from depression.

■ Vulnerability to depression

Some people are more vulnerable to depression than others. A number of protective factors have been identified which can decrease vulnerability to depression.

These include:

- ◆ A high self-esteem based on self-worth, not achievements.
- ◆ Practising positive thinking habits.
- ◆ Assertively expressing your needs, thoughts and feelings.
- ◆ Using an established social support network.
- ◆ Stress management – balancing demands and resources and looking after yourself.

■ The depressive spiral – thoughts, mood, behaviour

Recent research has established that depressed people are prone to continuous, automatic, negative thoughts. Their thinking becomes distorted and they practise recognised thinking errors such as: 'all or nothing thinking', 'awfulising', 'personalising', 'focusing on the negative', and 'jumping to conclusions'. These patterns of thinking produce a low mood state which results in reduced activity. Reduced activity produces less rewarding experiences, which produces further negative thoughts and low mood. A vicious spiral of thoughts, feelings and behaviour is created. To arrest this downward spiral a number of things are necessary:

- ◆ *Understand the problem.* Understand the many factors both in the present and the past that have led you to feel the way you do.
- ◆ *Challenge negative thinking.* Recognise that the way that you think determines the way that you feel. Identify distorted thinking patterns and replace with more rational thoughts.
- ◆ *Increase activity levels.* Gradually increase your activity levels – particularly physical activity. Identify and work towards short and longer term goals.
- ◆ *Use support systems.* A close confiding relationship is the single most effective protection against depression. Talk about how you feel.
- ◆ *Assert yourself.* Express yourself assertively. Say 'no' to excessive demands. Look after your own needs.

14. GENERAL MENTAL HEALTH

SECTION NO.

14.1 WORKER RESOURCES

- (a) Leaflets

14.2 CLIENT RESOURCES

- (a) Leaflets

14.3 CONTACT INFORMATION FOR NATIONAL ORGANISATIONS/SUPPORT GROUPS

14.4 CONTACT INFORMATION FOR LOCAL ORGANISATIONS/SUPPORT GROUPS

- (a) Barrow & Ulverston Areas
- (b) Kendal & South Lakes Areas
- (c) Other Areas

14.5 INTERNET RESOURCES

- (a) Local Internet Addresses
- (b) UK Internet Addresses
- (c) International Internet Addresses

14.6 FAMILY & CARER RESOURCES

- (a) Leaflets
- (b) Contact Information For National Organisations/Support Groups
- (c) Contact Information For Local Organisations/Support Groups
- (d) Internet Resources

WORKER RESOURCES

(a) LEAFLETS

- **Cumbria County Council Social Services** - Help for People with Mental Illnesses

Contact Address: Market Street
Barrow In Furness
Cumbria
LA14 2LH

Contact No: (01229) 894894

Feedback: *Particularly good for carers and staff, not for majority of clients.*
- **MIND** - Understanding Mental Illness
- Understanding Talking Treatments
- Getting the Best From Your Counsellor or Psychotherapist

Contact Address: 15-19 Broadway
London
E15 4BQ

Contact No: (020) 85192122
- **PACE** - Information Leaflet

Contact Address: 34 Hartham Road
London
N7 9JL

Contact No: (020) 77001323
- **Survivors Speak Out** - Information Leaflet

Contact Address: 44 Seldon House
Stewarts Road
London
SW8 4DP

Contact No: (020) 77204856
- **The Health of the Nation** - Mental Illness: What Does It Mean?
- Mental Illness: What You Can Do About it

Contact Address: Mental Illness
PO Box 643
Bristol
BS99 1UU

Contact No: 0800 665544

Feedback: *Useful for staff and particularly for clients, excellent basic education in mental health issues.*
- **The Mental Health Foundation** - On the Edge: Everyday Emotional Wellbeing

Contact Address: On the Edge
PO Box 7000
Manchester
M60 3HE

Contact No: (0870) 608 0213

Feedback: *Useful for staff education and for clients, particularly anyone with a minor or major mental health problem, excellent booklet.*

GENERAL MENTAL HEALTH

SECTION 14.1

- **World Mental Health Day**

Contact Address: Trevelyan House
30 Great Peter Street
London

Contact No: SW1P 2HW
(01235) 465565

- Mental Health Promotion and Irish People

- **YWCA**

Contact Address: Cumbria & Lancashire
Counselling Services
Atlas Works
Nelson Street
Denton Holmes
Carlisle
CA2 5ND

Contact No: (01228) 591163

- Information Leaflets
for young people aged 13-30
years

CLIENT RESOURCES

(a) LEAFLETS

- **MIND**

Contact Address: 15-19 Broadway
London
E15 4BQ

Contact No: (020) 85192122

- Understanding Mental Illness
- Understanding Talking Treatments
- Getting the Best From Your Counsellor or Psychotherapist
- **NHS The Patient's Charter**

Contact Address: Patient's Charter
FREEPOST NEA 959
Wetherby
West Yorkshire
LS23 6YY

Contact No: 0800 555777

- Mental Health Services
- **PACE**

Contact Address: 34 Hartham Road
London
N7 9JL

Contact No: (020) 77001323

- Information Leaflet
- **Survivors Speak Out**

Contact Address: 44 Seldon House
Stewarts Road
London
SW8 4DP

Contact No: (020) 77204856

- Information Leaflet
- **The Health of the Nation**

Contact Address: Mental Illness
PO Box 643
Bristol
BS99 1UU

Contact No: 0800 665544

- Mental Illness: What Does It Mean?
- Mental Illness: What You Can Do About it

Feedback: *Useful for staff and particularly for clients, excellent basic education in mental health issues.*
- **The Mental Health Foundation**

Contact Address: On the Edge
PO Box 7000
Manchester
M60 3HE

Contact No: (0870) 608 0213

- On the Edge: Everyday Emotional Wellbeing

Feedback: *Useful for staff education and for clients, particularly anyone with a minor or major mental health problem, excellent booklet.*
- **World Mental Health Day**

Contact Address: Trevelyan House
30 Great Peter Street
London
SW1P 2HW

Contact No: (01235) 465565

- Mental Health Promotion and Irish People

GENERAL MENTAL HEALTH

SECTION 14.2

- **YWCA**

Contact Address: Cumbria & Lancashire
Counselling Services
Atlas Works
Nelson Street
Denton Holmes
Carlisle
CA2 5ND
Contact No: (01228) 591163

- Information Leaflets
for young people aged 13-30
years

CONTACT INFORMATION FOR NATIONAL ORGANISATIONS/SUPPORT GROUPS

- **African-Caribbean Mental Health Association**
Suites 34 & 37
49 Effra Road
Brixton
SW2 1BZ
(020) 77373603 –
tel/fax
- **African-Caribbean Mental Health Service**
Zion Community
Health and
Resource Centre
Hulme Clinic
Royce Road
Hulme
Manchester
M15 5FQ
(0161) 2269562
(0161) 2267947 - fax

*Provides advocacy
services, self-help
groups and drop-ins.*
- **Arbours Association**
6 Church Lane
London
N8 7BU
(020) 83407646

*Provides
psychotherapy for
individuals, groups
and families.*
- **At Ease**
28 Commercial
Street
Aldgate East
London
E1 6LS
(0207) 2475164

*provides counselling
and info for ex-
members of armed
forces and their
families.*
- **Black Mental Health Resource Centre (BMHRC)**
Bushbury House
4 Laurel Mount
St Mary's Road
Leeds
LS7 3JX
(0113) 2374229
(0113) 237 4230 -
fax

*Provides emotional
and practical support
for African, African-
Caribbean and
Asian communities.*
- **British Acupuncture Council**
63 Jeddo Road
London
W12 9HQ
(020) 87350400
(020) 87350404-fax

*Has information and
lists of local
practitioners.*
- **British Association for Behavioural and Cognitive Psychotherapy**
c/o Harrow
Psychological Health
Services
Northwick Park
Hospital
Watford Road
Harrow
Middlesex
HA1 3UJ

*Send them an s.a.e.
for a list of
accredited cognitive-
behavioural
practitioners.*
- **British Association for Counselling and Psychotherapy (BACP)**
1 Regent Place
Rugby
Warwickshire
CV21 2PJ
(01788) 550899
(01788) 562189 - fax

*Promotes
understanding and
awareness of
counselling.*
- **British Association of Art Therapists**
Mary Ward House
5 Tavistock Place
London
WC1H 9SN
(020) 73833774

*Contact them for a
list of therapists.*
- **British Association of Dramatherapists**
41 Broomhouse
Lane
London
SW6 3DP
(020) 77310160

*Contact them for
details of courses
and practitioners.*
- **British Society for Music Therapy**
25 Rosslyn Avenue
East Barnet
Herts
EN4 8DH
(0208) 3688879

*Contact them for
details of therapists.*

GENERAL MENTAL HEALTH

- **British Wheel of Yoga**
25 Jermyn Street
Sleaford
NG34 7RU
(01529) 306851
(01529) 303680 - fax

Send them s.a.e. for a list of teachers in your area.

- **Careline**
Cardinal Heenan Centre
326 High Road
Ilford
IG1 1QP
(0208) 5141177

They provide telephone counselling for adults on any issue.

- **Chinese Mental Health Association**
Oxford House
Derbyshire Street
London
E2 6HG
(020) 76131008

Charity preserving and safeguarding mental health of people of Chinese origin.

- **Diverse Minds**
Granta House
15-19 Broadway
London
E15 4BQ
(020) 85192122
Mon-Fri 9 am-5 pm

Provides information and training for black and minority ethnic communities and organisations.

- **Ex-Services Mental Welfare Society**
Tyrwhitt House
Oaklawn Road
Leatherhead
KT22 0BX
(01372) 841600

Helps ex-service personnel with mental health problems.

- **Health Education Authority**
Trevelyan House
30 Great Peter Street
London
SW1P 2HW
(01235) 465565

- **Institute for Complementary Medicine (ICM)**
PO Box 194
London
SE16 7QZ
(020) 72375165

Send them s.a.e. for a list of local practitioners.

- **Institute for Optimum Nutrition**
Blades Court
Deodar Road
Putney
London
SW15 2NU
(020) 88779993
(020) 88779980-fax

Provide education programmes, books, tapes and videos.

SECTION 14.3

- **Jewish Association for the Mentally Ill**
16a North End Road
London
NW11 7PH
(020) 84582223
(020) 84581117 - fax

Services and support for 18-55 yr olds in Jewish community and their carers.

- **Mental Aftercare Association**
25 Bedford Square
London
WC1B 3HW
(020) 77008171
(020) 76860959 – fax

Rehab, housing and support.

- **Mental Health Foundation**
20-21 Cornwall Terrace
London
NW1 4QL
(020) 75357400
(020) 75357474 - fax

UK charity concerned with mental health problems.

- **Mental Health Foundation (Scotland)**
5th Floor
Merchants House
30 George Square
Glasgow
G2 1EG
(0141) 5720125
(0141) 5720246 - fax

GENERAL MENTAL HEALTH

- **MIND (National Association For Mental Health)**
15-19 Broadway
London
E15 4BQ
(020) 85192122
(020) 85221725 – fax

Information on all mental illnesses.
- **Miyad Jewish Crisis Helpline**
23 Ravenhurst Avenue
London
NW4 4EE
(020) 82036311 or
(0845) 7581999

For Jewish people in personal crisis, distress or in danger of suicide.
- **Muslim Women's Helpline**
(020) 89048193 or
(020) 89086715
- **Nafsiyat**
278 Seven Sisters Road
London
N4 2HY
(020) 72634130
- **National Institute of Medical Herbalists**
56 Longbrook Street
Exeter
Ex4 6AH
(01392) 426022

Send them s.a.e. for a list of qualified practitioners.

- **Northern Ireland Association for Mental Health**
80 University Street
Belfast
BT7 1HE
(0289) 0328474
(0289) 0234940-fax

Voluntary organisation concerned with aspects of mental health.
- **PACE**
34 Hartham Road
London
N7 9JL
(020) 77001323
(020) 76094909 – fax

Mental Health Advocacy Project for Lesbians and Gay Men.
- **Philadelphia Association**
4 Marty's Yard
17 Hampstead High Street
London
NW3 1QW
(020) 77942652
- **Pyramid Counselling and Community Service**
9 Clarendon Road
Hornsey
London
N8 0DJ
(0208) 8817121

Provide counselling and support for African-Caribbean and African people.

SECTION 14.3

- **Qalb Centre**
17 Forest Drive
West
Leytonstone
London
E111JZ
(020) 85586241
(020) 85582249 - fax

Provides counselling and complementary therapy for Asian people with mental health problems.
- **Refugee Council**
3 Bondway
London
SW8 1SJ
(020) 78203000
(020) 75829929 - fax

Provides information on mental health services for refugees and their advisors.
- **Relate National Headquarters**
Herbert Gray College
Little Church Street
Rugby
(01788) 573421
(01798) 535077

Will send free leaflets and booklists.
- **Royal College of Psychiatrists**
17 Belgrave Square
London
SW1X 8PG
(020) 72352351

Like MIND they produce a range of leaflets on different topics.

GENERAL MENTAL HEALTH

- **SANE**
1st Floor
Cityside House
40 Adler Street
London
E1 1EE
(0845) 7678000 -
12 noon-2 am

*Will send some
information about
publications.*
- **Scottish
Association for
Mental Health**
Cumbrae House
15 Carlton Court
Glasgow
G5 9JP
(0141) 5687000

*Campaigns and
provides services for
people with mental
health problems.*
- **Society of
Teachers of the
Alexander
Technique**
129 Camden Mews
London
NW1 9AH
(020) 72843338
(020) 74825435 - fax

*Send them s.a.e. for
a list of teachers.*

- **Survivors Speak
Out**
44 Seldon House
Stewarts Road
London
SW8 4DP
(020) 77204856

*They will send some
free information
about themselves.*
- **The British Holistic
Medical
Association**
59 Landsdowne
Place
Hove
East Sussex
BN3 1FL
(01273) 725051 –
tel/fax

*Will send samples of
their relaxation tapes
on sale or return
basis.*
- **The Federaion of
Irish Societies**
The Irish Centre
52 Camden Square
London
NW1 9XB
(020) 79162733

*Provides information
about Irish agencies.*
- **Threshold**
14 St George's
Place
London Road
Brighton
BN1 4GB
(01273) 622886

*Women's Mental
Health Initiative.
They can provide
information leaflets.*

SECTION 14.3

- **UK Council for
Psychotherapy**
167-169 Great
Portland Street
London
W1N 5FB
(020) 74363002
(020) 74363013 - fax

*A national umbrella
association for all
the psychotherapies.*
- **Wales MIND Cymru**
3rd Floor
Quebec House
Castlebridge
Cowbridge Road
East
Cardiff
CF1 9AB
(02920) 395123
(02920) 221189 - fax
- **WISH**
15 Great St Thomas
Apostle
London
EC4V 2BB
- **Women's Therapy
Centre**
6-9 Manor Gardens
London
N7 6LA
(020) 72636200

*Provides therapy for
women and
information about
local therapists.*
- **Yoga for Health
Foundation**
Ickwell Bury
Biggleswade
Bedfordshire
SG18 9EF
(01767) 627271
(01767) 627266 - fax

*Contact them for
details of local
groups.*

GENERAL MENTAL HEALTH

SECTION 14.3

- **Zito Trust**
Michael Howlett
PO Box 265
London
WC2H 9JD
(01497) 820011
tel/fax

Provides support for families, professionals and informal carers of severely mentally ill people.

CONTACT INFORMATION FOR LOCAL ORGANISATIONS/SUPPORT GROUPS

(a) BARROW & ULVERSTON AREAS

- | | | |
|--|---|---|
| <ul style="list-style-type: none"> • Barrow Community Gym
Salvation Army
Premises
Collinwood Street
Barrow-In-Furness
LA14 5UD
(01229) 821616

<i>Provides fitness opportunities for people with mental health problems.</i> | <ul style="list-style-type: none"> • Furnart
290b Rawlinson Street
Barrow-In-Furness
Cumbria
(01229) 871564

<i>Activities include: furniture decoration, glass, mirror and tile painting.</i> | <ul style="list-style-type: none"> • Making Space – Family Support
Duddon House
Fairfield Lane
Barrow-In-Furness
LA13 9AZ
(01229) 871233
answerphone available

<i>Provides information about schizophrenia and other mental health problems, help in assessing welfare benefits, and helps carers and clients access other services.</i> |
| <ul style="list-style-type: none"> • Carers Support Group
Duddon House
Barrow-In-Furness
LA13 8EA
(01229) 871233 or
(01229) 430333 | <ul style="list-style-type: none"> • Furness Carers Association
Storey House
Storey Square
Barrow-In-Furness
LA14 2HU
(01229) 822822
(01229) 832123 – fax | <ul style="list-style-type: none"> • MIND-in-Furness
64 School Street
Barrow-In-Furness
LA14 1EW
(01229) 827094 –
tel/fax, answerphone available |
| <ul style="list-style-type: none"> • Citizen's Advice Bureau
Town Hall
Queen Street
Ulverston
LA12 7AF
(01229) 585585 | <ul style="list-style-type: none"> • Furness College – Education Link Worker
Channelside
Barrow-In-Furness
LA14 2PG
(01229) 820339 or
(01229) 844818
(01229) 870964 – fax

<i>For people with mental health problems wanting to access college.</i> | <ul style="list-style-type: none"> • MIND – Ulverston
Room 204/206
Coniston House
New Market Street
Ulverston
LA12 7LQ
(01229) 581578 –
tel/fax – 24 hour
answerphone |
| <ul style="list-style-type: none"> • Community Action Furness
1st Floor
The Old Bakery
Buccleuch Street
Barrow-In-Furness
LA14 1AW
(01229) 832073
(01229) 830846 - fax

<i>They train and employs people with mental health problems.</i> | <ul style="list-style-type: none"> • Jibcraft
The Old Bakery
Buccleuch Street
Barrow-In-Furness
LA14 1AW
(01229) 871441

<i>Produces garden furniture made by people suffering from mental illness.</i> | <ul style="list-style-type: none"> • Peter Donaldson Carer/User Forum
c/o MIND-in-Furness
64 School Street
Barrow-In-Furness
LA14 1EW
(01229) 827094 –
tel/fax, answerphone available |

GENERAL MENTAL HEALTH

SECTION 14.4

- **SSAFA, FHS**
65 Crosslands Park
Barrow-In-Furness
Cumbria
LA13 9LB
(01229) 824099 –
tel/fax

*Provides assistance
to service and ex-
service personnel
and their families.*
- **Stonham Housing
Association**
19 Ramsden Street
Barrow-In-Furness
LA14 2HH
(01229) 821615

*Supported housing
for people with
mental health
problems.*

(b) KENDAL & SOUTH LAKES AREAS

- **Community Mental
Health Centre**
Kinta House
Helme Close
Kendal
LA9 7HY
(01539) 732059
- **Counselling Service**
Kinta House
Helme Close
Kendal
LA9 7HY
(01539) 732059
- **Kendal MIND**
106a Highgate
Kendal
LA9 4HE
(01539) 740591
- **Making Space
Employment Link**
Grosvenor House
Strammongate
Kendal
LA9 4BD
(01539) 722282 or
(01229) 823611

*Offers a variety of
services to people
with sever and
enduring mental
health problems in
South Cumbria.*
- **YWCA**
Cumbria &
Lancashire
Counselling Services
Atlas Works
Nelson Street
Denton Holme
Carlisle
CA2 5ND
(01228) 591163

*Counselling for
young people aged
13-30 years.*

(c) OTHER AREAS

- **North West Mind**
21 Ribbleside Place
Preston
PR1 3NA

INTERNET RESOURCES

(a) LOCAL INTERNET ADDRESSES

- **Making Space Employment Link**
e-mail: employmentlink@communigate.co.uk
www.communigate.co.uk/employmentlink
- **MIND in Furness**
e-mail: mind@furness64.co.uk
- **MIND-Ulverston**
e-mail: ulvmind@tesco.net

(b) UK INTERNET ADDRESSES

- **African-Caribbean Mental Health Service**
e-mail: admin@acmhs-blackmentalhealth.org.uk
- **British Wheel of Yoga**
e-mail: office@bwy.org.uk
www.bwy.org.uk
- **Institute for Optimum Nutrition**
e-mail: ion@ion.ac.uk
www.ion.ac.uk
- **BBC Health**
www.bbc.co.uk/health
www.bbc.co.uk/beyond
- **Chinese Mental Health Association**
Admin@cmha.demon.co.uk
www.cmha.demon.co.uk
- **Jewish Association for the Mentally Ill**
e-mail: ruth.jami@btclick.com
www.mentalhealth-jami.org.uk
- **British Acupuncture Council**
e-mail: info@acupuncture.org.uk
www.acupuncture.org.uk
- **Citizens Advice Bureau – Advice Guide**
www.adviceguide.org.uk
- **Mental Health Foundation**
e-mail: mhf@mhf.org.uk
or: mhf@mentalhealth.org.uk
www.mentalhealth.org.uk
- **British Association For Counselling and Psychotherapy (BACP)**
e-mail: bacp@bacp.org.uk
www.counselling.co.uk
- **Greater London Mental Health Advocacy Network**
www.comcom.org/glman/directory/index
- **Mental Health Foundation (Scotland)**
e-mail: scotland@mhf.org.uk
www.mhf.org.uk
- **British Association for Music Therapists**
e-mail: info@bsmt.org
www.bsmt.org
- **Health in Focus**
www.healthinfocus.co.uk
- **Mind**
e-mail: contact@mind.org.uk
www.mind.org.uk
- **Individual Counselling for Irish Women**
e-mail: iw.cc@virgin.net
- **Institute for Complementary Medicine (ICM)**
www.icmedicine.co.uk

GENERAL MENTAL HEALTH

- **National Institute of Medical Herbalists**
e-mail: nimh@ukexeter.free-serve.co.uk
www.btinternet.com/~nimh/
- **Net Doctor**
www.netdoctor.co.uk
- **NHS Direct**
www.nhsdirect.nhs.uk
- **Northern Ireland Association for mental Health**
e-mail: anne.niamh@dnet.co.uk
- **Openmind magazine**
e-mail: openmind@mind.org.uk
- **Patient UK**
www.patient.co.uk
- **Patient UK Self Help**
www.co.uk/selfhelp/
www.mentalhealth.org.uk/helplist.htm
- **Refugee Council**
e-mail: info@refugeecouncil.org.uk
www.refugeecouncil.org.uk
- **Relate**
e-mail: enquiries@national.relate.org.uk
www.relate.org.uk

- **SANE**
e-mail: agriffiths@saneline.orgmkn.co.uk/help/extra/charity/sane/index
or: www.mkn.co.uk/help/extra/charity/sane
- **Scottish Association for Mental Health**
e-mail: enquire@samh.org.uk
www.samh.org.uk
- **Society of Teachers of the Alexander Technique**
www.stat.org.uk
- **The British Holistic Medical Association**
e-mail: bhma@bhma.org
<http://www.bhma.org>
- **The Royal College of Psychiatrists**
e-mail: rcpsych@rcpsych.ac.uk
<http://www.rcpsych.ac.uk>
- **UK Council for Psychotherapy**
e-mail: ukcp@psychotherapy.org.uk
www.psychotherapy.org.uk
- **UK Health Centre**
www.healthcentre.org.uk
- **Vietnamese Mental Health**
e-mail: vietnamesemhs@cix.co.uk

SECTION 14.5

- **Vishvas (Asian Women's Mental Health)**
e-mail: ciovishvas@aol.com
www.cio.org.uk
- **Yoga for Health Foundation**
www.yogaforhealthfoundation.co.uk

(c) INTERNATIONAL INTERNET ADDRESSES

- **African-Caribbean Mental Health Association (ACMHA)**
e-mail: atma1@aol.com
- **National Electronic Library for Mental Health**
www.psychiatry.oc.ac.uk/cebmh/nelmh
- **Nafsiyat International Therapy Centre**
e-mail: nafsiyat-therapy@supanet.com
www.nafsiyat-therapy@supanet.com
- **Recovery**
www.recovery-inc.com/intro
- **The Advocacy and Community On-Line Resource Network**
www.comcom.org/acorn/

FAMILY & CARER RESOURCES

(a) LEAFLETS

- **Cumbria County Council Social Services** - Help for People with Mental Illnesses
 Contact Address: Market Street
 Barrow In Furness
 Cumbria
 LA14 2LH
 Contact No: (01229) 894894

Feedback: *Particularly good for carers and staff.*
- **MIND** - Understanding Mental Illness
 - Understanding Talking Treatments
 Contact Address: 15-19 Broadway
 London
 E14 4BQ
 Contact No: (020) 85192122
- **The Health of the Nation** - Mental Illness: What Does It Mean?
 - Mental Illness: What You Can Do About it
 Contact Address: Mental Illness
 PO Box 643
 Bristol
 BS99 1UU
 Contact No: 0800 665544

Feedback: *Excellent basic education in mental health issues.*
- **The Mental Health Foundation** - On the Edge: Everyday Emotional Wellbeing
 Contact Address: On the Edge
 PO Box 7000
 Manchester
 M60 3HE
 Contact No: (0870) 608 0213

Feedback: *Excellent booklet.*

(b) CONTACT INFORMATION FOR NATIONAL ORGANISATIONS/SUPPORT GROUPS

- | | | |
|---|---|--|
| <ul style="list-style-type: none"> • Carers National Association
 Ruth Pitter House
 20-25 Glasshouse
 Yard
 London
 EC1A 4JS
 (020) 74908818
 (020) 74908824 - fax
 (0808) 8087777 –
 carers line

 <i>Providing
 information and help
 for carers.</i> | <ul style="list-style-type: none"> • Crossroads Association
 10 Regent Place
 Rugby
 CV21 2PN
 (01788) 573653
 (01788) 565498 • Jewish Association for the Mentally Ill
 16a North End Road
 London
 NW11 7PH
 (020) 84582223
 (020) 84581117 - fax | <p><i>Provides support for
 18-55 yr olds in
 Jewish community
 and their carers.</i></p> <ul style="list-style-type: none"> • Mental Health Foundation
 20-21 Cornwall
 Terrace
 London
 NW1 4QL
 (020) 75357400
 (020) 75357474 - fax

 <i>UK charity for
 mental health.</i> |
|---|---|--|

GENERAL MENTAL HEALTH

SECTION 14.6

- **MIND**
Granta House
15-19 Broadway
London
E15 4BQ
(020) 85192122
(020) 85221725 - fax
(08457) 660163-
MIND information
line

*Information on all
mental illnesses.*
- **Princess Royal
Trust for Carers**
142 Minories
London
EC3N 1LB
(020) 74807788
(020) 74814729 - fax

*National network of
carers centres.
Provides practical
help, information
and support.*
- **National Alliance of
the Relatives of the
Mentally Ill
(NARMI)**
Tydehams Oaks
Tydehams
Newbury
Berks
RG14 6JT
(01635) 551923

*Provides advocacy,
advice, medical
information, updates
on legislation and
benefits.*
- **Refugee Council**
3 Bondway
London
SW8 1SJ
(020) 78203000
(020) 75829929 - fax

*Information on
mental health
services to refugees
and their advisors.*

(c) CONTACT INFORMATION FOR LOCAL ORGANISATIONS/SUPPORT GROUPS

BARROW & ULVERSTON AREAS

- **Carers Support Group**
Duddon House
Barrow-In-Furness
LA13 8EA
(01229) 871233 or:
(01229) 430333

*Support group for people caring for or
supporting people with mental health
problems.*
- **Furness Carers Association**
Storey House
Storey Square
Barrow-In-Furness
LA14 2HU
(01229) 822822
(01229) 832123 – fax
- **Making Space – Family Support**
Duddon House
Fairfield Lane
Barrow-In-Furness
LA13 9AZ
(01229) 871233 answerphone
available

*Provides information about
schizophrenia and other mental health
problems, help in assessing welfare
benefits and helps carers and clients
access other services.*
- **Peter Donaldson
Carer/User Forum**
c/o MIND-in-Furness
64 School Street
Barrow-In-Furness
LA14 1EW
(01229) 827094 – tel/fax,
answerphone available

KENDAL & SOUTH LAKES AREAS

- **Caring for the Carers**
South Lakeland Council for Voluntary Action
102 Highgate
Kendal
Cumbria
LA9 4HE
(01539) 732927
e-mail: info@natterjacks.org.uk
www.furnesscarers.co.uk
- **South Lakeland Carers Association**
Stricklandgate House
92 Stricklandgate
Kendal
(01539) 732927

Providing support and services for carers.

(d) INTERNET RESOURCES

- **BBC Health**
www.bbc.co.uk/health
- **Carers National Association**
e-mail: info@ukcarers.org
www.carersnorth.demon.co.uk
- **Citizens Advice Bureau – Advice Guide**
www.adviceguide.org.uk
- **Health in Focus**
www.healthinfocus.co.uk
- **Jewish Association for the Mentally Ill**
e-mail: ruth.jami@btclick.com
www.mentalhealth-jami.org.uk
- **Mental Health Foundation**
e-mail: mhf@mhf.org.uk
www.mentalhealth.org.uk
- **MIND**
e-mail: contact@mind.org.uk
www.mind.org.uk
- **Net Doctor**
www.netdoctor.co.uk
- **NHS Direct**
www.nhsdirect.nhs.uk
- **Patient UK**
www.patient.co.uk
- **Refugee Council**
e-mail: info@refugeecouncil.org.uk
www.refugeecouncil.org.uk
- **UK Health Centre**
www.healthcentre.org.uk

15. OBSESSIVE COMPULSIVE DISORDER (OCD)

SECTION NO.

15.1 WORKER RESOURCES

- (a) Books
- (b) Leaflets
- (c) Tapes
- (d) Videos

15.2 CLIENT RESOURCES

- (a) Books
- (b) Leaflets
- (c) Tapes
- (d) Videos

15.3 CONTACT INFORMATION FOR NATIONAL ORGANISATIONS/SUPPORT GROUPS

15.4 CONTACT INFORMATION FOR LOCAL ORGANISATIONS/SUPPORT GROUPS

- (a) Barrow & Ulverston Areas

15.5 INTERNET RESOURCES

- (a) UK Internet Addresses
- (b) International Internet Addresses

15.6 FAMILY & CARER RESOURCES

- (a) Leaflets
- (b) Videos
- (c) Internet Resources

15.7 MENTAL HEALTH HANDBOOK EXTRACTS

- (a) Overcoming Obsessional Compulsive Difficulties

SEE ALSO CROSS-REFERENCES:

- Anxiety & Stress
- Depression
- Panic Attacks
- Phobias

WORKER RESOURCES

(a) BOOKS

- BRAIN LOCK: FREE YOURSELF FROM OCD **J.M. Schwartz**
Price: £8.99 ISBN: 0 06 098711 1
Publisher: USA: Regan Books

Feedback: *Based on studies in a medical centre in America, this interesting book requires a level of sophistication to appreciate the information and 4-step treatment plan contained. It provides the reader with case examples and a summary of behavioural therapy. It could be useful to staff and certain clients.*

- LIVING WITH FEAR **I.M. Marks**
Price: £14.99 ISBN: 0 07 040396 1
Publisher: Berkshire: McGraw-Hill

Feedback: *A very good self-help manual for both staff and clients covering an overall understanding and coping with anxiety. Divided into sections on depressive disorders and anxiety, phobic disorders, obsessive-compulsive problems: also includes chapters on treatment and self-help with case examples throughout.*

- OCD WORKBOOK: YOUR GUIDE TO BREAKING FREE FROM OCD
Price: £14.99 **B. Hyman & C. Pedick**
Publisher: Oakland: New Harbinger ISBN: 1 57224 169 1

Feedback: *Excellent for staff education and clients. Good layout with case examples.*

- UNDERSTANDING OBSESSIONS AND COMPULSIONS: A SELF-HELP MANUAL
Price: £6.99 **F. Tallis**
Publisher: London: Sheldon ISBN: 0 85969 652 9

Feedback: *Useful for staff and clients. Very detailed about specific treatment strategies and diagnosis could be a bit confusing. May be particularly good for clients requiring a behavioural intervention. Will require a fairly good standard of education.*

- THE BOY WHO WOULDN'T STOP WASHING HIS HANDS
Price: £6.99 **J. Rapoport**
Publisher: Not Known ISBN: 0 00 6 3 7519 7

Feedback: *Useful for staff and clients. It increases understanding and provides useful case examples.*

OBSESSIVE COMPULSIVE DISORDER (OCD)

SECTION 15.1

(b) LEAFLETS

- **MIND**
Contact Address: 15-19 Broadway
London
E15 4BQ
Contact No: (020) 85192122
- Understanding Obsessive Compulsive Disorder
- **Northumberland Mental Health NHS Trust**
Contact Address: St George's Hospital
Morpeth
Northumberland
NE61 2NU
Contact No: (01670) 512121
- Obsessions and Compulsions: A Self Help Guide
- **Obsessive Action**
Contact Address: Aberdeen Centre
22-24 Highbury Grove
London
N5 2EA
Contact No: (020) 72264000
- Obsessions or Compulsions
- Pharmacological Treatments
- Behavioural Treatments
- Obsessive Action and You

(c) TAPES

- **BRAIN LOCK: FREE YOURSELF FROM OCD**
Price: £8.99
Publisher: USA: Harper Collins
Contact Address: Not Known
Contact No: 1 800 331 3761
J.M. Schwartz
ISBN: 0 694 51915 4
Feedback: *Good for staff and clients. Quite involved and may be too complicated for some people to conceptualise.*
- **OCD RECOVERY**
Price: £5.00
Publisher: Not Known
Contact Address: 93 Brands Farm Way
Telford
Shropshire
TF3 2JQ
Contact No: (01952) 590545
No Panic
Feedback: *A very useful self-help tape for clients. Will require motivation and willingness to use hypnotic techniques. First side concentrates on deep relaxation techniques with side two focusing more specifically on overcoming OCD. Pleasant male voice.*

(d) VIDEOS

- **BEHAVIOURAL THERAPY** **No Panic**
Price: Not Known
Publisher: Not Known
Contact Address: 93 Brands Farm Way
Telford
Shropshire
TF3 2JQ
Contact No: (01952) 590545

Feedback: *A fairly short and useful resource for clients offering a basic understanding of OCD and what to expect in behavioural therapy. It uses case examples.*

- **WHAT YOU REALLY NEED TO KNOW ABOUT OBSESSIVE COMPULSIVE DISORDER** **First Steps to Freedom**
Price: £17.50
Publisher: London: Videos for Patients
Contact Address: PO Box 22547
London
W8 7GW
Contact No: (020) 77272690

Feedback: *This medically focused helpful resource for clients is 30 minutes long and covers all aspects of OCD, including an introduction to symptoms, causes, diagnosis and treatment.*

CLIENT RESOURCES**(a) BOOKS**

- **BRAIN LOCK: FREE YOURSELF FROM OCD** **J.M. Schwartz**
Price: £8.99 ISBN: 0 06 098711 1
Publisher: USA: Regan Books

Feedback: *Based on studies in a medical centre in America, this interesting book requires a level of sophistication to appreciate the information and 4-step treatment plan contained. It provides the reader with case examples and a summary of behavioural therapy. It could be useful to staff and certain clients.*

- **LIVING WITH FEAR** **I.M. Marks**
Price: £14.99 ISBN: 0 07 040396 1
Publisher: Berkshire: McGraw-Hill

Feedback: *A very good self-help manual for both staff and clients covering an overall understanding and coping with anxiety. Divided into sections on depressive disorders and anxiety, phobic disorders, obsessive-compulsive problems: also includes chapters on treatment and self-help with case examples throughout.*

- **OCD WORKBOOK: YOUR GUIDE TO BREAKING FREE FROM OCD**
Price: £14.99 **B. Hyman & C. Pedick**
Publisher: Oakland: New Harbinger ISBN: 1 57224 169 1

Feedback: *Excellent for staff education and clients. Good layout with case examples.*

- **UNDERSTANDING OBSESSIONS AND COMPULSIONS: A SELF-HELP MANUAL**
Price: £6.99 **F. Tallis**
Publisher: London: Sheldon ISBN: 0 85969 652 9

Feedback: *Useful for staff and clients. Very detailed about specific treatment strategies and diagnosis could be a bit confusing. May be particularly good for clients requiring a behavioural intervention. Will require a fairly good standard of education.*

- **THE BOY WHO WOULDN'T STOP WASHING HIS HANDS**
Price: £6.99 **J. Rapoport**
Publisher: Not Known ISBN: 0 00 6 3 7519 7

Feedback: *Useful for staff and clients. It increases understanding and provides useful case examples.*

OBSESSIVE COMPULSIVE DISORDER (OCD)

SECTION 15.2

(b) LEAFLETS

- **MIND**
Contact Address: 15-19 Broadway
London
E15 4BQ
Contact No: (020) 85192122
- Understanding Obsessive Compulsive Disorder
- **Northumberland Mental Health NHS Trust**
Contact Address: St George's Hospital
Morpeth
Northumberland
NE61 2NU
Contact No: (01670) 512121
- Obsessions and Compulsions: A Self Help Guide
- **Obsessive Action**
Contact Address: Aberdeen Centre
22-24 Highbury Grove
London
N5 2EA
Contact No: (020) 72264000
- Obsessions or Compulsions
- Pharmacological Treatments
- Behavioural Treatments
- Obsessive Action and You

(c) Tapes

- **BRAIN LOCK: FREE YOURSELF FROM OCD** **J.M. Schwartz**
Price: £8.99 ISBN: 0 694 51915 4
Publisher: USA: Harper Collins
Contact Address: Not Known
Contact No: 1 800 331 3761
Feedback: *Good for staff and clients. Quite involved and may be too complicated for some people to conceptualise.*
- **OCD RECOVERY** **No Panic**
Price: £5.00
Publisher: Not Known
Contact Address: 93 Brands Farm Way
Telford
Shropshire
TF3 2JQ
Contact No: (01952) 590545
Feedback: *A very useful self-help tape for clients. Will require motivation and willingness to use hypnotic techniques. First side concentrates on deep relaxation techniques with side two focusing more specifically on overcoming OCD. Pleasant male voice.*

(d) VIDEOS

- **BEHAVIOURAL THERAPY** **No Panic**
Price: Not Known
Publisher: Not Known
Contact Address: 93 Brands Farm Way
Telford
Shropshire
TF3 2JQ
Contact No: (01952) 590545

Feedback: *A fairly short and useful resource for clients offering a basic understanding of OCD and what to expect in behavioural therapy. It uses case examples.*

- **WHAT YOU REALLY NEED TO KNOW ABOUT OBSESSIVE COMPULSIVE DISORDER** **First Steps to Freedom**
Price: £17.50
Publisher: London: Videos for Patients
Contact Address: PO Box 22547
London
W8 7GW
Contact No: (020) 77272690

Feedback: *This medically focused helpful resource for clients is 30 minutes long and covers all aspects of OCD, including an introduction to symptoms, causes, diagnosis and treatment.*

CONTACT INFORMATION FOR NATIONAL ORGANISATIONS/SUPPORT GROUPS

- **First Steps to Freedom**

7 Avon Court
School Lane
Kenilworth
Warwickshire
CV8 2GX
(01926) 864473
(01926) 851608 – helpline

Provides information and help with all aspects of anxiety.

- **National Phobics Society**

Zion CRC
339 Stretford Road
Hulme
Manchester
M15 4EY
(0161) 2279898 – tel
(0161) 2279862 – fax

For people experiencing anxiety.

- **No Panic**

93 Brands Farm Way
Randlay
Telford
TF3 2JQ
(01952) 590545

Provides help for those with panic attacks, phobias and OCD.

- **Obsessive Action**

Aberdeen Centre
22-24 Highbury Grove
London
N5 2EA
(020) 72264000 – advice
(020) 722634545 – admin
(020) 7880828 – fax

Provides information for people with OCD.

- **Triumph Over Phobia (TOP UK)**

PO Box 1831
Bath
Avon
BA2 4YW
(01225) 330353

Provides help with phobias and OCD.

**CONTACT INFORMATION FOR LOCAL ORGANISATIONS/SUPPORT
GROUPS**

(a) BARROW & ULVERSTON AREAS

- **Furness Obsessive Group**
c/o Duddon House
Fairfield Lane
Barrow-In-Furness
LA13 9AZ
(01229) 430333

INTERNET RESOURCES

(a) UK INTERNET ADDRESSES

- **First Steps to Freedom**
e-mail: firststepstofreedom@compuserve.com
www.firststeps.demon.co.uk
- **National Phobics Society**
www.phobics-society.org.uk
- **Obsessive Action**
e-mail: admin@obsessive-action.demon.co.uk
www.obsessive-action.demon.co.uk

(b) INTERNATIONAL INTERNET ADDRESSES

- **About OCD**
<http://www.ocfoundation.org>
- **Guidelines for Families Coping With OCD**
<http://www.ocdhope.com/gdlines.htm>
- **Obsessive-Compulsive Disorder**
<http://www.nimh.nih.gov/anxiety/library/brochure/ocdbro.htm>

FAMILY AND CARER RESOURCES

(a) LEAFLETS

- **MIND**
Contact Address: 15-19 Broadway
London
E15 4BQ
Contact No: (020) 85192122
- Understanding Obsessive
Compulsive Disorder

(b) VIDEOS

- **WHAT YOU REALLY NEED TO KNOW ABOUT OBSESSIVE COMPULSIVE DISORDER**
Price: £17.50
Publisher: London: Videos for Patients
Contact Address: PO Box 22547
London
W8 7GW
Contact No: (020) 77272690
First Steps to Freedom

Feedback: *Useful for clients, particularly people who suffer from OCD and family members. Only 30 minutes long and everything explained clearly in non-technical terms.*

(c) INTERNET RESOURCES

- **Guidelines for Families Coping With OCD**
<http://www.ocdhope.com/gdlines.htm>

MENTAL HEALTH HANDBOOK EXTRACTS

Obsessive compulsive disorders (OCD) usually have two aspects. First, obsessive thoughts which intrude repeatedly into the mind against the will, despite all attempts to banish them. These thoughts may concern contaminating oneself or others, harming others, going against a social taboo, or some other harm occurring. Secondly, these thoughts are often accompanied by 'compulsions' or 'rituals' which are acts that are carried out time and again, to reduce anxiety, although the person may know that they are silly and try to resist them. These acts may include frequent hand washing, checking, hoarding or carrying out special rituals.

These types of difficulty tend to occur in people who have always had meticulous and perfectionist personalities, although they can occur in anybody. Such tendencies can get worse or flare up during times of personal stress or change.

The symptoms are extremely distressing and can end up dominating a person's life. Avoidance of certain situations or objects that trigger anxiety is common. While this seems a reasonable short-term strategy it actually adds to the long-term problem. Anxiety about the symptoms is likely to make the symptoms worse. Intrusive thoughts about harming others can at times be bizarre and frightening but the risk of translating the thoughts into action is in fact almost nonexistent.

■ Treatment of OCD

- 1 Identify and talk about all of your symptoms no matter how embarrassing they are.
- 2 It is helpful to carefully monitor and identify when and how often these thoughts and behaviours occur. Keep a diary sheet.
- 3 Learn new techniques for controlling anxiety symptoms such as relaxation, distraction and positive self-talk.
- 4 As with any phobia, you will need to expose yourself gradually to the situation that you fear. For example, if you have a fear of contamination, touch dirty objects.

- 5 Once you have deliberately made yourself anxious by confronting the fear, you need to manage your anxiety and resist the compulsive behaviour. This third phase is called 'response prevention' and may mean resisting handwashing or checking activities.
- 6 Most OCD sufferers try to avoid thinking about their intrusive thoughts. Often the more you try to push these thoughts out the more they bounce back into consciousness. Try deliberately thinking about the thought for 10 minutes a day.
- 7 Do not confuse a thought with an action. 'A thoughtie is not a naughty'.
- 8 Set limits on your rituals and compulsions. Cut down the frequency.
- 9 Put a rubber band around your wrist and every time you think of the unwanted thought tweak yourself.
- 10 Identify the stresses in your life that are presently exacerbating your symptoms. Change your lifestyle.
- 11 Very often the whole family may be involved in the maintenance of these rituals and may be asked to give reassurance, which temporarily dampens down your anxiety. They have to learn not to give this reassurance and say something neutral: 'You know they said at the hospital that I was not to answer those questions'.
- 12 Explore the significance of the concept of responsibility in your life and how it fits in with your symptoms. Do you feel overly responsible?
- 13 If symptoms are severe, medication that has a specific effect on the serotonin levels in your brain can be helpful.

Three Rules to Remember

Repeat your fears until bored to tears.
When fears are faced they get erased.
I must refrain to untrain my brain.

16. OVEREATING

SECTION NO.

16.1 WORKER RESOURCES

- (a) Books

16.2 CLIENT RESOURCES

- (a) Books

16.3 CONTACT INFORMATION FOR NATIONAL ORGANISATIONS/SUPPORT GROUPS

16.4 CONTACT INFORMATION FOR LOCAL ORGANISATIONS/SUPPORT GROUPS

- (a) Barrow & Ulverston Areas

16.5 INTERNET RESOURCES

- (a) UK Internet Addresses
- (b) International Internet Addresses

SEE ALSO CROSS-REFERENCES:

- Addictions – Alcohol
- Addictions – Drugs
- Bulimia Nervosa
- Depression
- Protocol For The Treatment Of Eating Disorders In Primary Care
(See Appendix 1.3)

WORKER RESOURCES**(a) BOOKS**

- **MIND OVER MOOD** **D. Greenberger & C. Padezky**
Price: £14.95 ISBN: 0 89862 128 3
Publisher: London: Guilford

Feedback: *Although not specific to eating disorders, this is a clear, well laid out book based on Cognitive Therapy methods includes a true self-help text in which easy, yet profound, exercises lead readers to deeper understanding and sense of control over their inner lives.*
- **OVERCOMING BINGE EATING** **C. Fairburn**
Price: £11.50 ISBN: 0 89862 179 8
Publisher: New York: Guilford

Feedback: *Definitely useful for staff and clients, first half summarises up to date research, relatively easy to understand. Second half is self-help programme. Content accurate, research based. Useful for anyone with binge eating disorder or bulimia and any staff working in this area.*
- **OVERCOMING OVEREATING: CONQUER YOUR OBSESSION WITH FOOD**
Price: £6.99 **J. Hurschmann & C. Hunter**
Publisher: London: Vermilion ISBN: 0 09 182561 X

Feedback: *Useful for clients and possibly for staff education. Good for understanding with a clearly explained self-help plan.*

CLIENT RESOURCES

(a) BOOKS

- FAT IS A FEMINIST ISSUE
Price: Not Known
Publisher: Arrow

S. Orbach
ISBN: 0 09 938830 8

Feedback: *This is a useful publication presented from a feminist perspective.*

- MIND OVER MOOD
Price: £14.95
Publisher: London: Guilford

D. Greenberger & C. Padezky
ISBN: 0 89862 128 3

Feedback: *Although not specific to eating disorders, this is a clear, well laid out book based on Cognitive Therapy methods includes a true self-help text in which easy, yet profound, exercises lead readers to deeper understanding and sense of control over their inner lives.*

- OVERCOMING BINGE EATING
Price: £11.50
Publisher: New York: Guilford

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Feedback: *Definitely useful for staff and clients, first half summarises up to date research, relatively easy to understand. Second half is self-help programme. Content accurate, research based. Useful for anyone with binge eating disorder or bulimia and any staff working in this area.*

- OVERCOMING OVEREATING: CONQUER YOUR OBSESSION WITH FOOD
Price: £6.99
Publisher: London: Vermilion

J. Hurschmann & C. Hunter
ISBN: 0 09 182561 X

Feedback: *Useful for clients and possibly for staff education. Good for understanding with a clearly explained self-help plan.*

CONTACT INFORMATION FOR NATIONAL ORGANISATIONS/SUPPORT GROUPS

- **Overeaters Anonymous**

PO Box 19
Stretford
Manchester
M32 9EB
(07000) 784985

12-step recovery programme.

- **TOAST (The Obesity Awareness Solutions Trust)**

Latton Bush Centre
Southern Way
Harlow
CM18 7BL
(01279) 866010 – tel/fax

**CONTACT INFORMATION FOR LOCAL ORGANISATIONS/SUPPORT
GROUPS**

(a) BARROW & ULVERSTON AREAS

- **Furness Eating Disorders Support
Group**
St Mary's Parish Church Centre
Church Street
Dalton-In-Furness
Cumbria
(01229) 475177 Mon 10 am-1 pm
(01229) Wed 7-9 pm

INTERNET RESOURCES

(a) UK INTERNET ADDRESSES

- **TOAST (The Obesity Awareness Solutions Trust)**
www.toast-uk.org.uk

(b) INTERNATIONAL INTERNET ADDRESSES

- | | |
|--|---|
| • Healthy Weight Network
http://www.healthyweight.net
e-mail: fmberg@healthyweight.net | • National Centre for Overcoming Overeating
http://www.OvercomingOvereating.com |
|--|---|

17. PANIC

SECTION NO.

17.1 WORKER RESOURCES

- (a) Books
- (b) Leaflets
- (c) Tapes
- (d) Videos

17.2 CLIENT RESOURCES

- (a) Books
- (b) Leaflets
- (c) Tapes
- (d) Videos

17.3 CONTACT INFORMATION FOR NATIONAL ORGANISATIONS/SUPPORT GROUPS

17.4 CONTACT INFORMATION FOR LOCAL ORGANISATIONS/SUPPORT GROUPS

- (a) Barrow & Ulverston Areas
- (b) Kendal & South Lakes Areas

17.5 INTERNET RESOURCES

- (a) UK Internet Addresses
- (b) International Internet Addresses

17.6 FAMILY & CARER RESOURCES

- (a) Leaflets
- (b) Videos
- (c) Internet Resources

17.7 MENTAL HEALTH HANDBOOK EXTRACTS

- (a) Understanding Panic Attacks 1
- (b) Dealing With Avoidance And Facing Fear
- (c) Procedures For Controlling Hyperventilation
- (d) Progressive Muscle Relaxation Exercise

SEE ALSO CROSS-REFERENCES:

- Anxiety & Stress
- Depression
- Obsessive Compulsive Disorder (OCD)
- Phobias

WORKER RESOURCES

(a) BOOKS

- COPING SUCCESSFULLY WITH PANIC ATTACKS

Price: £6.99

Publisher: London: Sheldon

S. Trickett

ISBN: 0 85959 646 4

Feedback: *Useful for staff and clients, particularly those clients who have panic attacks and group leaders of panic attack groups. Content readable and accurate, educational at a very readable level.*

- OVERCOMING PANIC: A SELF-HELP GUIDE USING COGNITIVE BEHAVIOURAL TECHNIQUES

Price: £7.99

Publisher: London: Robinson

D. Silove & V. Manicavaagar

ISBN: 1 85487 701 1

Feedback: *A self-help guide using Cognitive Behavioural techniques. Useful for both staff and clients (assumes a significant vocabulary).*

- THE ANXIETY & PHOBIA WORKBOOK

Price: £16.99

Publisher: Canada: New Harbinger

E.J. Bourne

ISBN: 1 57224 223 X

Feedback: *This holistic approach workbook is useful for both staff education and clients. It offers a practical and comprehensive guide to anyone struggling with panic, anxiety and phobias. Contains several self-help exercises.*

(b) LEAFLETS

- **MIND**

Contact Address: 15-19 Broadway
London
E15 4BQ

Contact No: (020) 85192122

- How to Cope With Panic
Attacks

- **No Panic**

Contact Address: 93 Brands Farm Way
Telford
Shropshire
TF3 2JQ

Contact No: (01952) 590005

- Telephone Recovery Group
Service
- The Facts

- **Northumberland Mental Health NHS Trust**

Contact Address: St George's Hospital
Morpeth
Northumberland
NE61 2NU

Contact No: (01670) 512121

- Stress
- Panic

PANIC

SECTION 17.1

- **SmithKline Beecham** - Dealing with Panic Attacks
Contact Address: 980 Great West Road
Brentford
Middlesex
TW8 NGS
Contact No: (020) 80475000
- **Thanet Phobic Group** - Panic
Contact Address: 47 Orchard Road
Westbrook
Margate
Kent
CT9 5JS
Contact No: (01843) 833720
- **This Morning** - Stress fact sheet
Contact Address: PO Box 1000
Manchester
M60 3JD
Contact No: (0161) 2777000

(c) TAPES

- **MUSCLE RELAXATION** **No Panic**
Price: £5.00
Publisher: Not Known
Contact Address: 93 Brands Farm Way
Telford
Shropshire
TF3 2JQ
Contact No: (01952) 590545
- **PANIC ATTACKS** **No Panic**
Price: £5.00
Publisher: Not Known
Contact Address: 93 Brands Farm Way
Telford
Shropshire
TF3 2JQ
Contact No: (01952) 590545
- **RELAX YOUR BODY** **M. McKay & P. Fanning**
Price: £6.99
Publisher: Oakland: New Harbinger
Contact Address: 5674 Shattuck Avenue
Oakland
CA 94609
Contact No: 1 800 748 6273
ISBN: 1 57224 095 4

CLIENT RESOURCES

(a) BOOKS

- **COPING SUCCESSFULLY WITH PANIC ATTACKS**
 Price: £6.99 **S. Trickett**
 Publisher: London: Sheldon ISBN: 0 85959 646 4

Feedback: *Useful for clients, particularly those who have panic attacks. Content readable and accurate, educational at a very readable level.*
- **OVERCOMING PANIC: A SELF-HELP GUIDE USING COGNITIVE BEHAVIOURAL TECHNIQUES**
 Price: £7.99 **D. Silove & V. Manicavaagar**
 Publisher: London: Robinson ISBN: 1 85487 701 1

Feedback: *A self-help guide using Cognitive Behavioural techniques. Useful for both staff and clients (assumes a significant vocabulary).*
- **THE ANXIETY & PHOBIA WORKBOOK** **E.J. Bourne**
 Price: £16.99 ISBN: 1 57224 223 X
 Publisher: Canada: New Harbinger

Feedback: *This holistic approach workbook is useful for both staff education and clients. It offers a practical and comprehensive guide to anyone struggling with panic, anxiety and phobias. Contains several self-help exercises.*

(b) LEAFLETS

- **MIND** - How to Cope With Panic Attacks
 Contact Address: 15-19 Broadway
 London
 E15 4BQ
 Contact No: (020) 85192122
- **No Panic** - Telephone Recovery Group Service
 - The Facts
 Contact Address: 93 Brands Farm Way
 Telford
 Shropshire
 TF3 2JQ
 Contact No: (01952) 590005
- **Northumberland Mental Health NHS Trust** - Stress
 - Panic
 Contact Address: St George's Hospital
 Morpeth
 Northumberland
 NE61 2NU
 Contact No: (01670) 512121
- **SmithKline Beecham** - Dealing with Panic Attacks
 Contact Address: 980 Great West Road
 Brentford
 Middlesex
 TW8 NGS
 Contact No: (020) 80475000

PANIC

SECTION 17.2

- **Thanet Phobic Group** - Panic
Contact Address: 47 Orchard Road
Westbrook
Margate
Kent
CT9 5JS
Contact No: (01843) 833720

(c) TAPES

- **FROM PANIC TO POWER** **L. Bassett**
Price: £14.55 ISBN: 0 69451 595 7
Publisher: New York: Harper Audio
Contact Address: 10 East 53rd Street
New York
NY 10022
Contact No: Not Known

Feedback: *Useful for some people. Content fine. May be useful for people with long term anxiety problems. Religious / spiritual component to the tape which would not suit everyone. It is very American and this also may not suit some people.*
- **PANIC ATTACKS** **No Panic**
Price: £5.00
Publisher: Not Known
Contact Address: 93 Brands Farm Way
Telford
Shropshire
TF3 2JQ
Contact No: (01952) 590545
- **RELEASING FEAR AND ANXIETY** **J. Gray**
Price: £12.99 ISBN: 1 886095 15 9
Publisher: USA: Heart Publishing
Contact Address: Not Known
Contact No: 1 800 834 2110

Feedback: *Useful for clients. American. Could be useful for people with unresolved issues relating to anxiety and phobia, powerful but helpful. Could be useful to access in conjunction with therapy/counselling.*

(d) VIDEOS

- **FIGHT OR FLIGHT? OVERCOMING PANIC & AGORAPHOBIA**
Price: Not Known
Publisher: Not Known
Contact Address: 93 Brands Farm Way
Telford
Shropshire
TF3 2JQ
Contact No: (01952) 590545

Feedback: *A really good introduction to panic and agoraphobia and the various treatment approaches.*

PANIC

SECTION 17.2

- WHAT YOU REALLY NEED TO KNOW ABOUT ANXIETY, PHOBIAS AND PANIC ATTACKS
First Steps to Freedom
Price: £17.50
Publisher: London: Videos for Patients
Contact Address: PO Box 22547
London
W8 7GW
Contact No: (020) 77272690

Feedback: *Useful for clients. Good for people with little understanding of anxiety, phobias and panic attacks who suffer from their effects. Easy to understand, basic information and only 30 minutes long.*

CONTACT INFORMATION FOR NATIONAL ORGANISATIONS/SUPPORT GROUPS

- **First Steps to Freedom**
 7 Avon Court
 School Lane
 Kenilworth
 Warwickshire
 CV8 2GX
 (01926) 864473
 (01926) 851608 - helpline

Provides help for anxiety problems.
- **No Panic**
 93 Brands Farm Way
 Telford
 Shropshire
 TF3 2JQ
 (01952) 590545 – helpline
 10 am–10 pm

Provides advice for phobias, panic and OCD.
- **Stresswatch (Scotland)**
 (01563) 574144 – office
 (01563) 528910 – helpline
- **Why Me?**
 6 Thorney Close
 Fareham
 Hampshire
 PO14 3AF
 (01329) 312997

Provides help for anxiety, agoraphobia and panic.
- **National Phobics Society**
 Zion CRC
 Stretford Road
 Hulme
 Manchester
 M15 4EY
 (0161) 2279898 – tel
 (0161) 2279862 – fax

Provides advice/info for anxiety, agoraphobia and panic.
- **PAX (Panic Attacks, Phobias and Anxiety Disorders)**
 4 Manor Brook
 Blackheath
 London
 SE3 9AW
 (020) 83185016

An information and advisory service for people with panic, phobias or anxiety.

CONTACT INFORMATION FOR LOCAL ORGANISATIONS/SUPPORT GROUPS

(a) BARROW & ULVERSTON AREAS

- **MIND-in-Furness**
64 School Street
Barrow-In-Furness
LA14 1EW
(01229) 827094

Sometimes runs an anxiety group.

- **Ulverston MIND**
Room 204/206
Coniston House
New Market Street
Ulverston
LA12 7LQ
(01229) 581578 – tel/fax

Sometimes runs an anxiety group.

(b) KENDAL & SOUTH LAKES AREAS

- **Kendal MIND**
106a Highgate
Kendal
LA9 4HE
(01539) 740591

INTERNET RESOURCES

(a) UK INTERNET ADDRESSES

- **First Steps to Freedom**
e-mail: info@firststeps.demon.co.uk
or: ljh@firststeps.demon.co.uk
or: firststepstofreedom@compuserve.com
www.firststeps.demon.co.uk
- **National Phobics Society**
www.phobics-society.org.uk
- **No Panic**
e-mail: colin.hammond@euphony.net
www.no-panic.co.uk
- **PAX (incorporating Agoraphobia Information Service)**
www.panicattacks.co.uk

(b) INTERNATIONAL INTERNET ADDRESSES

- **Basics of Cognitive Therapy**
<http://mindstreet.com/cbt.html>
- **Getting Treatment for Panic Disorder**
<http://www.nimh.nih.gov/anxiety/library/brochure/gtrpdbro.htm>
- **Menu for Understanding Panic Attacks**
<http://www.anxietypanic.com/menuunderstanding.html>
- **National Institute of Mental Health's Library**
<http://www.nimh.nih.gov/anxiety/library/brochure/pubs.htm>
- **Panic Anxiety Education Management Services**
<http://www.paems.com.au/index.html>
- **The Anxiety Panic Internet Resource**
<http://www.algy.com/anxiety/index.shtml>
- **The Sidran Foundation**
<http://www.sidran.org>
- **Understanding Panic Disorder**
<http://www.nimh.nih.gov/anxiety/library/brochure/underbro.htm>

FAMILY & CARER RESOURCES

(a) LEAFLETS

- **No Panic** - The Facts
 Contact Address: 93 Brands Farm Way
 Telford
 Shropshire
 TF3 2JQ
 Contact No: (01952) 590005

(b) VIDEOS

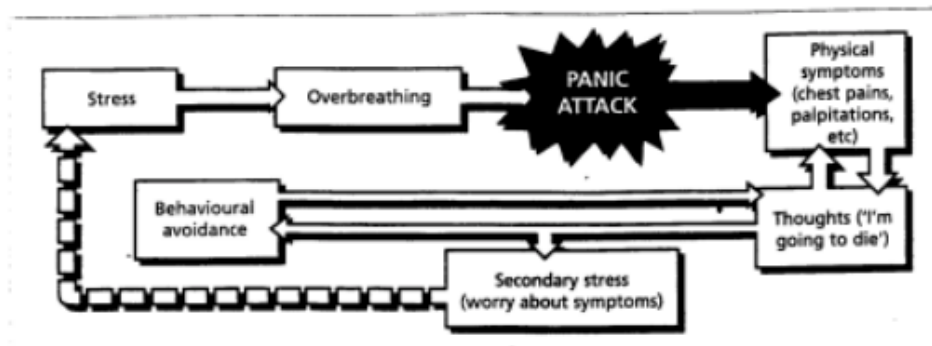
- WHAT YOU REALLY NEED TO KNOW ABOUT ANXIETY, PHOBIAS AND PANIC
 ATTACKS **First Steps to Freedom**
 Price: £17.50
 Publisher: London: Videos for Patients
 Contact Address: PO Box 22547
 London
 W8 7GW
 Contact No: (020) 77272690

Feedback: *Useful for clients. Good for people with little understanding of anxiety, phobias and panic attacks who suffer from their effects. Easy to understand, basic information and only 30 minutes long.*

(c) INTERNET RESOURCES

- **National Institute of Mental Health's Library**
<http://www.nimh.nih.gov/anxiety/library/brochure/pubs.htm>

MENTAL HEALTH HANDBOOK EXTRACTS

**■ What is a panic attack?**

Panic attacks are common, occurring in up to five per cent of the general population. They are defined by a sudden onset of intense apprehension, fear or terror accompanied by physical symptoms such as;

- ◆ difficulty in breathing
- ◆ dizziness
- ◆ palpitations
- ◆ chest pains
- ◆ tingling sensations
- ◆ shaking
- ◆ sweating
- ◆ visual difficulty
- ◆ feelings of unreality
- ◆ jelly legs

The thoughts that accompany these symptoms often include; 'I'm going to lose control', 'I'm going mad', 'I'm going to die', 'I'm going to have a heart attack' or 'I'm going to embarrass myself'. Although it is perhaps understandable to experience these thoughts, they are largely mistaken and are misinterpretations of what is actually going on. Unfortunately, once you start thinking these thoughts, you become more anxious, keeping the bodily symptoms going. An upwardly spiralling vicious circle of thoughts and physical symptoms is created.

The situation is further complicated by the fact that when most people have a panic attack,

their natural reaction is to try and leave the situation they are in as quickly as possible. This avoidance brings temporary relief, but increases the likelihood of further apprehension, negative thoughts, bodily symptoms and the development of a phobic reaction.

■ A symptom of stress

Panic attacks are one of the symptoms of a build-up of stress. This symptom is perhaps more frightening than nausea, headaches or diarrhoea but in some ways it is a similar reaction. People who experience panic attacks seem to be those who experience stress in their respiratory and cardiovascular system rather than in their muscular or gastrointestinal systems.

Very often the symptom of panic produces such worry and stress that these symptoms become more of a problem than the original stresses that caused them.

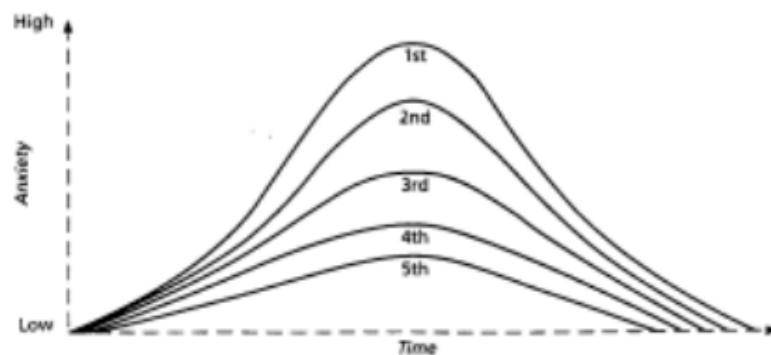
'Feel the fear and do it anyway'*– Susan Jefferies –*

Avoiding anything that makes us anxious is in some ways a natural reaction. However, avoiding some situations that create anxiety can lead to the development of phobias and loss of confidence. Once we begin to avoid things, we may find our mobility becomes increasingly restricted.

When you either stay in the situation you fear, or deliberately put yourself in that position, your anxiety will go up, reach a plateau and then go down again. The first time you do this the anxiety will take time to subside. The second time you face the situation you fear, your anxiety will be less severe and fall in a shorter time. Each time you put yourself into that situation your anxiety will progressively be less severe and die away more quickly. The diagram below shows how this anxiety hill gets smaller and smaller.

The best way of overcoming avoidance and loss of confidence is by tackling your fears one step at a time in easy stages. This technique is called *graded practice* or *systematic desensitisation*. By identifying situations which you avoid, and gradually confronting them time and again, you can reduce the anxiety associated with those situations. It is important to practice easier tasks first, so as to build up your confidence before tackling more difficult situations.

When you confront the anxiety-provoking situation be prepared. Be armed with a relaxation technique, understand about breathing control, and have a number of positive self statements you can repeat to yourself. Expect some anxiety – do not expect to feel no anxiety; but you can be sure that if you carry on confronting your anxiety it *will* go down.



■ Catching it early

If it has happened to you before, you may be able to identify the 'warning signs', for example, a stifling feeling as if the window should be open, tightness in the chest, or noticing your breathing is fast. These should be your cue to:

- ➊ Stop whatever you are doing and try to find a quiet place to sit down.
- ➋ Close your eyes and focus on the word 'calm' in your mind.
- ➌ Try to release some of the tension in the upper body. Sitting in a tense hunched-up position increases the possibility of hyperventilation. Dropping shoulders in a sideways widening direction makes hyperventilation more difficult since the chest and diaphragm muscles are stretched outwards.
- ➍ Breathe slowly from the stomach, *not* the chest. Breathe in to a count of four slowly and out to a count of four slowly. Or visualise your breathing in as going up one side of a hill, experiencing a plateau at the top, and then breathing out as though coming down the other side. Slow your breathing rate to 10 to 12 breaths per minute.
- ➎ It may also help to place your hands with your fingertips together on your stomach; make sure that each time you breathe in, your fingertips come apart.
- ➏ Concentrate on breathing out. Try to breathe through your nose.

■ The re-breathing technique

If your symptoms don't go away after a few minutes it is probable that you haven't caught it quickly enough, and you will need to use the re-breathing technique. This involves breathing in the air you have just breathed out. This air is richer in carbon dioxide and will thus quickly replenish the carbon dioxide you have been exhaling.

- Make a mask of your hands and put them over your nose and mouth and keep them there.



- Breathe in through your nose (if possible).
- Breathe out hard through your mouth.
- Breathe your own exhaled air.
- This should be done slowly and without holding your breath. Repeat four or five times (no more).
- All the time try to stay calm and relaxed.

It is even better to use a paper bag (*not* polythene) over your nose and mouth instead of your hands, if circumstances allow. Adjust your posture so that your elbows are on a level with or above your shoulders. (This makes it difficult to overbreathe.)

■ Recognise hyperventilation

Try to occasionally monitor your breathing rate. Do you breathe too deeply or shallowly? Do you sigh and yawn more than others? Triggers for hyperventilation that should be avoided include low blood sugar, tobacco, tea, coffee and other stimulants which accelerate the fight or flight response. Do you breathe in but do not breathe out?

This exercise involves tightening and relaxing all the different muscle groups in your body, one at a time. When you tighten a muscle it becomes hard and tightens around the bone, when you relax it loosens, creating a sensation of warm heaviness.

Sit or lie down in a comfortable position. Set aside 15 to 20 minutes with no interruptions or distractions. Relax yourself to the best of your ability. Consider the various muscle groups one at a time, and aim to learn the difference between tight and relaxed muscles. Try constantly to concentrate on the feeling in the muscle as it goes from tight to loose.

Hands and arms

Clench your fists, and tense your arms; feel tightness in your hands and arms, hold for 5 seconds then slowly relax them. Release and relax each muscle group for 10 to 15 seconds. See how far they will go, but do not push. Do not hold on at all; let everything go.

Shoulders

Hunch your shoulders, then gradually let them settle down. Proceed as above.

Forehead

Pull your eyebrows together, then gradually let your forehead smooth out.

Eyes

Screw your eyes up tight, then gradually let them smooth out, leaving your eyes closed, feeling your eyeballs sink, and your eyelids droop. Let them get really heavy.

Jaw

Bite your back teeth together, then gradually ease off, and let your jaw get heavy.

Back of neck

Pull your chin forward on to your chest, feel tightness, then relax.

Front of neck

Pull your chin forward on to your chest, feel tightness, then relax.

Breath

Slow and steady, letting yourself go each time you breathe out.

Tummy

Pull in your tummy tight, then gradually let it go, feeling it relax.

Thighs

Push your heels down hard against the floor, feeling the tightness in your thighs, then gradually let that go.

Calves

Point your toes, then gradually let that tightness go.

Let everything go, further and further, and think about a really relaxing scene, for example, lying in the grass by a river, under a warm sun and a blue sky, or sitting by a fire in a big, comfortable chair. Feel yourself getting heavier and heavier.

18. PHOBIAS

SECTION NO.

18.1 WORKER RESOURCES

- (a) Books
- (b) Leaflets
- (c) Videos

18.2 CLIENT RESOURCES

- (a) Books
- (b) Leaflets
- (c) Tapes
- (d) Videos

18.3 CONTACT INFORMATION FOR NATIONAL ORGANISATIONS/SUPPORT GROUPS

18.4 INTERNET RESOURCES

- (a) UK Internet Resources
- (b) International Internet Resources

18.5 FAMILY & CARER RESOURCES

- (a) Leaflets
- (b) Internet Resources

18.6 MENTAL HEALTH HANDBOOK EXTRACTS

- (a) Agoraphobia
- (b) Social Phobia
- (c) Overcoming A Simple Phobia

SEE ALSO CROSS-REFERENCES:

- Anxiety & Stress
- Depression
- Obsessive Compulsive Disorder (OCD)
- Panic

WORKER RESOURCES

(a) BOOKS

- **LIVING WITH FEAR** **I.M. Marks**
 Price: £14.99 ISBN: 0 07 040396 1
 Publisher: Berkshire: McGraw-Hill

Feedback: *A very good self-help manual for both staff and clients covering an overall understanding and coping with anxiety. Divided into sections on depressive disorders and anxiety, phobic disorders, obsessive-compulsive problems: also includes chapters on treatment and self-help with case examples throughout.*
- **OVERCOMING SHYNESS AND SOCIAL PHOBIA** **R.M. Rapee**
 Price: £19.95 ISBN: 0 7657 0120 0
 Publisher: New Jersey: Aronson

Feedback: *Useful for staff education and clients. Cognitive Behavioural approach. Step by step self-help material.*
- **THE ANXIETY & PHOBIA WORKBOOK** **E.J. Bourne**
 Price: £16.99 ISBN: 1 57224 223 X
 Publisher: Canada: New Harbinger

Feedback: *This holistic approach workbook is useful for both staff education and clients. It offers a practical and comprehensive guide to anyone struggling with panic, anxiety and phobias. Contains several self-help exercises.*

(b) LEAFLETS

- **MIND** - Understanding Phobias
 Contact Address: 15-19 Broadway
 London
 E15 4BQ
 Contact No: (020) 85192122
- **National Phobics Society** - Information
 Contact Address: Zion CHRC
 Royce Road
 Hulme
 Manchester
 M15 5FQ
 Contact No: (0161) 2279898
- **No Panic** - The Facts
 Contact Address: 93 Brands Farm Way
 Telford
 Shropshire
 TF3 2JQ
 Contact No: (01952) 590005

PHOBIAS

SECTION 18.1

- **Royal College of Psychiatrists** - Social Phobias
Contact Address: 17 Belgrave Square
London
SW1X 8PG
Contact No: (020) 72352351

Feedback: *Informative and detailed information about social phobias.*
- **Thanet Phobic Group** - Agoraphobia
Contact Address: 47 Orchard Road - Information
Westbrook
Margate
Kent
CT9 5JS
Contact No: (01843) 833720
- **Triumph Over Phobia (TOP U.K.)** - Information
Contact Address: PO Box 1831
Bath
BA2 4YW
Contact No: (01225) 330353

(c) VIDEOS

- **AGORAPHOBIA** **No Panic**
Price: £12.00
Publisher: Not Known
Contact Address: 93 Brands Farm Way
Telford
Shropshire
TF3 2JQ
Contact No: (01952) 590545
- **SOCIAL PHOBIA** **No Panic**
Price: £12.00
Publisher: Not Known
Contact Address: 93 Brands Farm Way
Telford
Shropshire
TF3 2JQ
Contact No: (01952) 590545
- **WHAT YOU REALLY ABOUT ANXIETY, PHOBIAS AND PANIC ATTACKS** **First Steps to Freedom**
Price: £17.50
Publisher: London: Videos for Patients
Contact Address: PO Box 22547
London
W8 7GW
Contact No: (020) 77272690

Feedback: *This resource is clearly laid out, but is quite medical and uses sophisticated language.*

CLIENT RESOURCES

(a) BOOKS

- **LIVING WITH FEAR** **I.M. Marks**
 Price: £14.99 ISBN: 0 07 040396 1
 Publisher: Berkshire: McGraw-Hill

Feedback: *A very good self-help manual for both staff and clients covering an overall understanding and coping with anxiety. Divided into sections on depressive disorders and anxiety, phobic disorders, obsessive-compulsive problems: also includes chapters on treatment and self-help with case examples throughout.*
- **OVERCOMING SHYNESS AND SOCIAL PHOBIA** **R.M. Rapee**
 Price: £19.95 ISBN: 0 7657 0120 0
 Publisher: New Jersey: Aronson

Feedback: *Useful for staff education and clients. A clear and useful resource based on the Cognitive Behavioural approach. It is broken down into self-help stages.*
- **OVERCOMING SOCIAL ANXIETY: A SELF-HELP GUIDE USING COGNITIVE BEHAVIOURAL TECHNIQUES** **G. Butler**
 Price: £7.99 ISBN: 1 85487 703 8
 Publisher: London: Robinson

Feedback: *Clearly presented information. The book contains case examples and is based on Cognitive Behavioural methods.*
- **THE ANXIETY & PHOBIA WORKBOOK** **E.J. Bourne**
 Price: £16.99 ISBN: 1 57224 223 X
 Publisher: Canada: New Harbinger

Feedback: *This holistic approach workbook is useful for both staff education and clients. It offers a practical and comprehensive guide to anyone struggling with panic, anxiety and phobias. Contains several self-help exercises.*

(b) LEAFLETS

- **MIND** - Understanding Phobias
 Contact Address: 15-19 Broadway
 London
 E15 4BQ
 Contact No: (020) 85192122
- **National Phobics Society** - Information
 Contact Address: Zion CHRC
 Royce Road
 Hulme
 Manchester
 M15 5FQ
 Contact No: (0161) 2279898

PHOBIAS

SECTION 18.2

- **No Panic** - The Facts
Contact Address: 93 Brands Farm Way
Telford
Shropshire
TF3 2JQ
Contact No: (01952) 590005
- **Northumberland Mental Health NHS Trust** - Shyness and Social Phobia
Contact Address: St George's Hospital
Morpeth
Northumberland
NE61 2NU
Contact No: (01670) 512121

Feedback: *This is a useful, clear, self-help guide. It provides case examples and exercises to complete.*
- **Royal College of Psychiatrists** - Social Phobias
Contact Address: 17 Belgrave Square
London
SW1X 8PG
Contact No: (020) 72352351

Feedback: *Informative and detailed information about social phobias.*
- **Thanet Phobic Group** - The Symptoms of
Contact Address: 47 Orchard Road Agoraphobia
Westbrook - Agoraphobia
Margate - Social Phobia
Kent - Information
CT9 5JS
Contact No: (01843) 833720

Feedback: *These are a very brief, but useful set of leaflets. They include information from sufferers' points of view and outline basic ways of coping with these issues.*
- **Triumph Over Phobia (TOP U.K.)** - Information
Contact Address: PO Box 1831
Bath
BA2 4YW
Contact No: (01225) 330353

PHOBIAS

SECTION 18.2

(c) TAPES

- **AGORAPHOBIA RECOVERY** **No Panic**
Price: £5.00
Publisher: Not Known
Contact Address: 93 Brands Farm Way
Telford
Shropshire
TF3 2JQ
Contact No: (01952) 590545
- **FEAR OF ILLNESS** **E.J. Bourne**
Price: £11.99 ISBN: 1 57224 015 6
Publisher: Oakland: New Harbinger
Contact Address: 5674 Shattuck Avenue
Oakland
CA 94609
Contact No: 1 800 748 6273
- **GIVING A TALK: OVERCOMING THE FEAR OF TALKING IN PUBLIC** **E.J. Bourne**
Price: £11.99 ISBN: 1 879237 86 5
Publisher: Oakland: New Harbinger
Contact Address: 5674 Shattuck Avenue
Oakland
CA 94609
Contact No: 1 800 748 6273
- **HEIGHTS: OVERCOMING FEAR OF HEIGHTS** **E.J. Bourne**
Price: £11.99 ISBN: 1 879237 91 1
Publisher: Oakland: New Harbinger
Contact Address: 5674 Shattuck Avenue
Oakland
CA 94609
Contact No: 1 800 748 6273
- **SPEAKING UP IN PUBLIC** **E.J. Bourne**
Price: £11.99 ISBN: 1 879237 87 3
Publisher: Oakland: New Harbinger
Contact Address: 5674 Shattuck Avenue
Oakland
CA 94609
Contact No: 1 800 748 6273

Feedback: *The E.J. Bourne series of tapes are useful for clients. They have accurate content and use systematic desensitisation and guided imagery.*

PHOBIAS

SECTION 18.2

(d) VIDEOS

- AGORAPHOBIA **No Panic**
Price: £12.00
Publisher: Not Known
Contact Address: 93 Brands Farm Way
Telford
Shropshire
TF3 2JQ
Contact No: (01952) 590545
- FIGHT OR FLIGHT? OVERCOMING PANIC & AGORAPHOBIA **No Panic**
Price: Not Known
Publisher: Not Known
Contact Address: 93 Brands Farm Way
Telford
Shropshire
TF3 2JQ
Contact No: (01952) 590545

Feedback: *A really good introduction to panic and agoraphobia and the various treatment approaches.*
- I THINK THEY THINK...OVERCOMING SOCIAL PHOBIA **No Panic**
Price: Not Known
Publisher: Not Known
Contact Address: 93 Brands Farm Way
Telford
Shropshire
TF3 2JQ
Contact No: (01952) 590545

Feedback: *A good basic introduction to social phobia. It includes clients', a psychologist's and a psychiatrist's perspective.*

CONTACT INFORMATION FOR NATIONAL ORGANISATIONS/SUPPORT GROUPS

- **Dental Anxiety and Phobia Association**
43 Harley Street
London
W1G 9RP
(020) 75800011
- **First Steps to Freedom**
7 Avon Court
School Lane
Kenilworth
Warwickshire
CV9 2GX
(01926) 864473
(01926) 851608 – helpline

Provides help with all aspects of anxiety problems.
- **National Phobics Society**
Zion CHRC
Royce Road
Hulme
Manchester
M15 5FQ
(0161) 2279898

For people experiencing anxiety.
- **Open Door Association (Agoraphobia)**
447 Pensby Road
Heswall
Merseyside
L61 9PQ
(0151) 443 0183

Help for people with agoraphobia.
- **PAX (Panic attacks, Phobias and Anxiety Disorders)**
4 Manor Brook
Blackheath
London
SE3 9AW
(020) 83185026

An information and advisory service.
- **Stresswatch (Scotland)**
23 Campbell Street
Kilmarnoch
KA1 4HL
(01563) 574144 – office
(01563) 528910 – helpline
- **The Thanet Phobic Group**
47 Orchard Road
Westbrook
Margate
Kent
CT9 5JS
(01843) 833720
- **TOP UK (Triumph Over Phobia)**
PO Box 1831
Bath
BA2 4YW
(01225) 330353

*Send them s.a.e. for information.
They help with phobias and OCD.*
- **Why Me?**
6 Thorney Close
Fareham
Hampshire
PO14 3AF
(01329) 312997

*Provides guidance on anxiety,
agoraphobia and panic attacks.*

INTERNET RESOURCES

(a) UK INTERNET ADDRESSES

- **Dental Anxiety and Phobia Association**
www.healthyteeth.com
- **First Steps to Freedom**
e-mail: firststepstofreedom@compuserve.com
www.firststeps.demon.co.uk
- **National Phobics Society**
e-mail: natphob.soc@good.co.uk
www.phobics-society.org.uk
- **Triumph Over Phobia (TOP UK)**
e-mail: triumphoverphobia@compuserve.com
www.triumphoverphobia.com

(b) INTERNATIONAL INTERNET ADDRESSES

- **Anxiety and Phobias**
http://www.rcpsych.ac.uk/public/help/anxiety/anx_frame.htm
- **For Support People of People With Agoraphobia**
<http://panicdisorder.about.com/msubagora05.htm?pid=2791&cob=home>

FAMILY & CARER RESOURCES

(a) LEAFLETS

- **MIND** - Understanding Phobias
Contact Address: 15-19 Broadway
London
E15 4BQ
Contact No: (020) 85192122
 - **Thanet Phobic Group** - The Symptoms of
Contact Address: 47 Orchard Road Agoraphobia
Westbrook - Agoraphobia
Margate - Social Phobia
Kent
CT9 5JS
Contact No: (01843) 833720
- Feedback:** *These are a very brief, but useful set of leaflets. They include information from sufferers' points of view and outline basic ways of coping with these issues.*

(b) INTERNET RESOURCES

- **For Support People of
People With Agoraphobia**
<http://panicdisorder.about.com/msubagora05.htm?pid=2791&cob=home>

MENTAL HEALTH HANDBOOK EXTRACTS

Agoraphobia

*'To a man who is afraid everything rustles'**– Sophocles –***■ What is agoraphobia?**

Agoraphobia is a condition characterised by a complex mixture of fears, anxieties and avoidances. The syndrome has occurred throughout history; the word *agoraphobia* comes from the Greek and literally means 'fear of the marketplace'. More recent research indicates that people with agoraphobia have a fear of panic or anxiety, regardless of where they occur. The secondary fear is the fear of situations, such as a crowded place, or a situation of entrapment.

The agoraphobic person usually experiences unpleasant physical symptoms of anxiety, mainly panic attacks. Some people have nervous systems which are more prone to having panic attacks. The person is inclined to worry about these attacks and to misinterpret their significance. Common thoughts are: 'I'm going to die', or 'I'm going to have a heart attack', 'I'm going to faint', 'I'm going to lose control of my bowels or bladder', 'I'm going mad'. Following this experience, the person starts to avoid situations associated with these attacks. Situations which tend to be avoided are those that have an element of 'entrapment', and those that are a long way from a place of safety.

■ A vicious circle

The initial panic attack or experience of anxiety usually comes out of the blue, but behind it there are often a number of underlying stresses. The person may be tired, or run down, or may just 'have a lot on their plate'.

After the first panic attack, a familiar vicious circle is likely to occur. The individual worries about having another attack, and is naturally inclined to avoid certain situations. This worry and avoidance makes future attacks more likely. The result is a loss of confidence and a feeling of insecurity. The more insecure the individual feels the more he or she is likely to avoid situations; thus, the vicious circle gets

established. Often the person can feel trapped within a 'spiders's web' of avoidance.

Very often the person with agoraphobia is in an environment where people allow them to avoid. These significant people may think that they are being kind but they are not. Sometimes the partner or relative may be getting something positive from the situation. They might feel stronger and more needed as the agoraphobic feels weaker and more dependent.

The key features in reversing this vicious downward spiral are:

- 1 Understanding what is really going on.
- 2 Learning to gain some control over anxiety symptoms by acquiring new skills, such as relaxation, breathing exercises, distraction, and positive self-talk.
- 3 Progressively confronting the situations previously avoided, in a graded manner.
- 4 Notice your confidence growing as you successfully manage more difficult situations. Build on this confidence – change your lifestyle.

Social phobia is a fear of being scrutinised, evaluated or the centre of attention. Underlying this fear is the idea that the person will be evaluated negatively – people will think that they are strange or incompetent. It may be that the person with the social phobia believes that people will see that they are anxious, or that they will say something embarrassing, or make a mistake or that some aspect of their appearance will attract criticism. They often fear situations including public speaking, writing in public, eating or drinking in public or even using public toilets. Social situations are endured rather than enjoyed. The person may be prone to panic attacks and avoidance behaviour. It is estimated that about 5 per cent of the population have some element of social phobia.

The cause of social phobia is largely the same as any other phobia. Some people may have a more reactive nervous system, coupled with experiences in childhood where social situations were anxiety provoking and often avoided. People who are sensitive to criticism or overly concerned with 'creating a good impression' may be more susceptible to social phobia.

Treatment of social phobia

There are five elements to the treatment of social phobia.

- 1 Learning to control anxiety and panic through relaxation exercises, hyperventilatory control, distraction, and positive self-talk.
- 2 Correcting faulty and distorted thinking patterns and beliefs.
- 3 Gradually increasing involvement in social situations through a programme of graded exposure. Confront situations, drop safety behaviours.
- 4 Being more assertive. 'This is me – this is what I think – this is how I feel. I'm OK.' – build confidence.
- 5 Reduce self-consciousness – focus on others rather than yourself.

Distorted thinking patterns

The person with the social phobia often worries about situations, focuses inwards, starts to avoid, loses confidence and then worries and avoids more.

A classic vicious circle of worry, anxiety and avoidance.

1 The person with social phobia usually over-estimates the extent that other people will notice their anxiety. Most people do not pay a great deal of attention to other people that they don't know. If the social phobic blushes in front of ten people, they will assume most of the people noticed, whereas in reality maybe one or two might have.

2 They will then over-estimate the negative evaluation that other people will make. If someone did notice somebody else blushing the chances are that they would not make a negative evaluation at all. Most people that you know have already made their minds up about your character and are not going to have an extreme shift in opinion on the basis of one event.

3 Social phobics often have one set of rules for themselves and one for other people. If asked whether they would evaluate somebody negatively whom they saw being anxious or blushing or shaking they would usually say no! However, they assume that other people will evaluate them negatively. The person with social phobia needs to recognise these distorted thinking patterns.



A simple phobia refers to an isolated experience of anxiety attached to a particular object or situation. It is different from a complex phobia where there are multiple fears and anxieties. Simple phobias are often of animals, such as spiders, snakes, cats and dogs; or illness and blood; or natural phenomena such as thunderstorms, lightning, wind, or heights; more unusually they can be of situations such as eating or even going to the toilet in a public place.

The characteristics of a simple phobia are:

- ① An intense fear of an object or situation, which is out of all proportion to the situation which evokes it.
- ② The person recognises that it is unreasonable and irrational but cannot do anything about it.
- ③ Sufferers avoid the feared situation as much as possible and this process of avoidance interferes with the smooth running of their everyday life.

It is estimated that the incidence of phobia in the general population is between 2–3 per cent. The specific phobias often have their origins in childhood fears which have failed to diminish with time. When looking at the development and maintenance of phobias, a number of factors appear relevant. There is often a family history of fear, phobia and avoidance; parents can often act as models for their children. If they are not acting as direct models, it is possible that they are subtly supporting the child's avoidance behaviour. Often there is a traumatic experience which acts as the nucleus for the subsequent phobia. But the main factor which keeps phobia going is a marked pattern of avoidance behaviour. Avoidance reduces the immediate feeling of anxiety, which strengthens the likelihood of avoidance in future.

The treatment of choice for a simple phobia has a number of components:

- ① Understanding the process, development and maintenance of the phobia.

- ② Gaining some control over physical reactions of fear and anxiety, through relaxation training, breathing exercises, distraction and positive self-talk.

- ③ Constructing a desensitisation hierarchy of situations which the person is afraid of. This is done by rating specific situations on a scale of 0–10, where 0 = no anxiety and 10 is equal to the worst possible anxiety. Be as specific and concrete as possible in describing situations.

- ④ Once a hierarchy is established, start at the bottom and work up by exposing yourself to the situation. This gradual exposure can sometimes be done in imagination and paired with a state of relaxation. The golden rule is that ultimately the only way to overcome a phobia is to face it directly. Stay in the situation of fear until you notice your anxiety going down. Once you feel comfortable with one situation move on to the next most difficult one.

■ Example of desensitisation hierarchy

- ① Look at picture of spider.
- ② Watch video of spider.
- ③ Stay in same room as spider in a jar.
- ④ Pick up jar with spider in it.
- ⑤ Open lid of jar and look at spider.
- ⑥ Put spider in bucket – look at it.
- ⑦ Touch spider in bucket.
- ⑧ Put spider on desk.
- ⑨ Touch spider on desk.
- ⑩ Let spider walk on hand.

19. POST NATAL DEPRESSION

SECTION NO.

19.1 WORKER RESOURCES

- (a) Leaflets
- (b) CD-ROMS

19.2 CLIENT RESOURCES

- (a) Books
- (b) Leaflets
- (c) CD-ROMS

19.3 CONTACT INFORMATION FOR NATIONAL ORGANISATIONS/SUPPORT GROUPS

19.4 CONTACT INFORMATION FOR LOCAL ORGANISATIONS/SUPPORT GROUPS

- (a) Barrow & Ulverston Areas
- (b) Kendal & South Lakes Areas

19.5 INTERNET RESOURCES

- (a) Local Internet Addresses
- (b) UK Internet Addresses

19.6 FAMILY & CARER RESOURCES

- (a) Leaflets

SEE ALSO CROSS-REFERENCES:

- Anxiety & Stress
- Depression
- Panic
- Protocol For The Treatment Of Depression In Primary Care (See Appendix 1.2)

WORKER RESOURCES

(a) LEAFLETS

- **MAMA**

Contact Address: Waterside Centre
26 Avenue Road
London
SE25 4DX

Contact No: (020) 87715595

 - What is MAMA?
 - Reducing the Risks of Postnatal Depression
 - Self-Help for Postnatal Depression
 - Relaxation Training Techniques
 - Dealing with Panic Attacks
 - Puerperal Psychosis
 - Post-natal Illness
 - The Effects of Post-Natal Illness on the Family
 - Supporting Someone You Love With Postnatal Depression

Feedback: *MAMA leaflets are great for self-help strategies and information for families and partners. May also be useful for staff education.*
- **MIND**

Contact Address: 15-19 Broadway
London
E15 4BQ

Contact No: (020) 85192122

 - Understanding Postnatal Depression

Feedback: *Good, clear and comprehensive.*
- **Postnatal Illness Support**

Contact Address: Stricklandgate House
Kendal
Cumbria

Contact No: (01539) 733893

 - Don't Suffer in Silence
 - About the Group

Feedback: *Short, snappy leaflet useful to get main points across.*
- **Royal College of Psychiatrists**

Contact Address: 17 Belgrave Square
London
SW1X 8PG

Contact No: (020) 7235 2351

 - Help is at Hand

Feedback: *Very useful resource. Covers most features of post natal illness in reassuring way that never patronising. Many sufferers may not be able to concentrate long enough to take it all in but it could be on hand to dip into.*
- **Serene / The CRY-SIS Helpline**

Contact Address: BM CRY-SIS
London
WC1N 3XX

Contact No: (020) 74045011

 - Sleep Problems in Babies
 - Coping With Your Crying Baby

POST NATAL DEPRESSION

SECTION 19.1

- **The Association for Post Natal Illness**

Contact Address: 25 Jerdane Place
Fulham
London
SW6 1BE

Contact No: (020) 73860868

- The Baby Blues and Post-natal Depression
- Puerperal psychosis
- Postnatal Depression
- Health Visitors' Notes for Guidance

Feedback: *Baby Blues leaflet is a good, quick read. Other leaflets contain a lot of information and may be more useful for staff education.*

- **The National Childbirth Trust**

Contact Address: Alexandra House
Oldham Terrace
Acton
London
W3 6NH

Contact No: (020) 89922616

- Postnatal Depression

Feedback: *Good, clear ideas e.g., diary and the list. The section on Puerperal Psychosis may alarm non-psychotic clients.*

(b) CD-ROMS

- **RESTORING THE BALANCE**

Price: £25.00
Publisher: London: The Mental Health
Foundation
Contact Address: 20-21 Cornwall Terrace
London
NW1 4QL
Contact No: (020) 75357400

Mental Health Foundation

ISBN: 0 90 01944 777

Feedback: *Although not specific to post natal depression, this resource is useful for staff and clients. Content accurate though brief. May be particularly good for clients with milder anxiety and depression who are computer literate. Addresses how to move away from depression and anxiety using a Cognitive Behavioural Therapy framework.*

CLIENT RESOURCES

(a) BOOKS

- ANTENATAL & POST NATAL DEPRESSION: PRACTICAL ADVICE & SUPPORT FOR ALL SUFFERERS
 Price: £9.99
 Publisher: London: Vermilion
S. Curham
 ISBN: 0 09 185607 8

Feedback: *A useful self-help resource. It looks at possible causes and offers practical advice and support including many case histories.*

- SURVIVING POST NATAL DEPRESSION: AT HOME, NO ONE HEARS YOU SCREAM
 Price: Not Known
 Publisher: London: Jessica Kingsley
C. Aiken
 ISBN: 1 85302 861 4

Feedback: *This insightful book uses case histories throughout to offer positive suggestions and practical advice.*

(b) LEAFLETS

- **MAMA**
 Contact Address: Waterside Centre
 26 Avenue Road
 London
 SE25 4DX
 Contact No: (020) 87715595
 - What is MAMA?
 - Reducing the Risks of Postnatal Depression
 - Self-Help for Postnatal Depression
 - Relaxation Training Techniques
 - Dealing with Panic Attacks
 - Puerperal Psychosis
 - Post-Natal Illness
 - The Effects of Post-Natal Illness on the Family
 - Supporting Someone You Love With Post-Natal Depression

Feedback: *MAMA leaflets are great for self-help strategies and information for families and partners. May also be useful for staff education.*

- **MIND**
 Contact Address: 15-19 Broadway
 London
 E15 4BQ
 Contact No: (020) 85192122
 - Understanding Post-Natal Depression

Feedback: *Good, clear and comprehensive.*

- **Postnatal Illness Support**
 Contact Address: Stricklandgate House
 Kendal
 Cumbria
 Contact No: (01539) 733893
 - Don't Suffer in Silence
 - About the Group

Feedback: *Short, snappy leaflet useful to get main points across.*

POST NATAL DEPRESSION

SECTION 19.2

- **Royal College of Psychiatrists** - Help is at Hand
Contact Address: 17 Belgrave Square
London
SW1X 8PG
Contact No: (020) 7235 2351

Feedback: *Very useful resource. Covers most features of post natal illness in reassuring way that never patronising. Many sufferers may not be able to concentrate long enough to take it all in but it could be on hand to dip into.*
- **Serene / The CRY-SIS Helpline** - Sleep Problems in Babies
Contact Address: - Coping With Your Crying Baby
- **The Association for Post Natal Illness** - The Baby Blues and Post-natal Depression
Contact Address: 25 Jerdane Place
Fulham
London
SW6 1BE
Contact No: (020) 73860868
- Puerperal psychosis
- Postnatal Depression
- Health Visitors' Notes for Guidance

Feedback: *Baby Blues leaflet is a good, quick read. Other leaflets contain a lot of information and may be more useful for staff education.*
- **The National Childbirth Trust** - Postnatal Depression
Contact Address: Alexandra House
Oldham Terrace
Acton
London
W3 6NH
Contact No: (020) 89922616

Feedback: *Good, clear ideas e.g., diary and the list. The section on Puerperal Psychosis may alarm non-psychotic clients.*

(c) CD-ROMS

- **RESTORING THE BALANCE** **Mental Health Foundation**
Price: £25.00 ISBN: 0 90 01944 777
Publisher: London: The Mental Health Foundation
Contact Address: 20-21 Cornwall Terrace
London
NW1 4QL
Contact No: (020) 75357400

Feedback: *Although not specific to post natal depression, this resource is useful for staff and clients. Content accurate though brief. May be particularly good for clients with milder anxiety and depression who are computer literate. Addresses how to move away from depression and anxiety using a Cognitive Behavioural Therapy framework.*

CONTACT INFORMATION FOR NATIONAL ORGANISATIONS/SUPPORT GROUPS

- **Meet A Mum Association**

Waterside Centre
26 Avenue Road
South Norwood
London
SE25 4DX
(020) 87715595
(020) 82391153 – fax
(020) 87680123 – help line Mon-Fri
7-10 pm

They will send lots of free leaflets that are useful re: post natal depression. Sufferers are where possible linked with someone in their area who has also experienced it.

- **The Association For Post Natal Illness**

25 Jerdan Place
Fulham
London
SW6 1BE
(020) 73860868
(020) 73868885

Provides advice and support for mothers experiencing post natal illness.

- **The National Childbirth Trust**

Alexandra House
Oldham Terrace
Acton
London
W3 6NH
(020) 89928637 – enquiries
9.30 am-4.30 pm
(020) 89922616 – office and admin
(020) 89925929 – fax

They will send free booklets and info on post natal depression.

CONTACT INFORMATION FOR LOCAL ORGANISATIONS/SUPPORT GROUPS

(a) BARROW & ULVERSTON AREAS

- **Homestart – South Cumbria**
48 Middlefield
Ormsgill
Barrow-In-Furness
LA14 4BX
(01229) 824411 – tel/fax
e-mail:
homestart@southcumbria.fsnet.co.uk
www.home-start-sc.co.uk
- **Post Natal Illness Group – South Cumbria**
40 Arthur Street
Barrow-In-Furness
LA14 1BH
(01229) 820029 – help line with 24hr
answerphone

Provides support for families with a child under 5 years old to prevent crisis and family breakdown.

(b) KENDAL & SOUTH LAKES AREAS

- **Post Natal Illness Group – South Cumbria**
Room 18
Stricklandgate House
Stricklandgate
Kendal
LA9 4PU
(01539) 734343
(01539) 733893 – help line

(c) OTHER AREAS

- **Parentline Plus Cumbria**
c/o Laurel House
Culgaith
Cumbria
CA10 1QL
(01768) 88300 – tel/fax
0800 8002222 – help line
e-mail:
headoffice@parentlineplus.org.uk
www.parentlineplus.org.uk

*Supporting parents and children.
National help line for anyone in the parenting role.*

INTERNET RESOURCES

(a) LOCAL INTERNET ADDRESSES

- **Homestart**
e-mail:
homestart@southcumbria.fsnet.co.uk
www.home-start-sc.co.uk
- **Parentline Plus Cumbria**
e-mail:
headoffice@parentlineplus.org.uk
www.parentlineplus.org.uk

(b) UK INTERNET ADDRESSES

- **Association for Post Natal Illness**
e-mail:
info@apni.org
www.apni.org
- **Meet A Mum Association (MAMA)**
e-mail:
Meet-A-Mum.Assoc@cablenet.co.uk
or:
Meet-A-Mum.Assoc@blueyonder.co.uk
www.mama.org.uk
- **The National Childbirth Trust**
www.nct-online.org

FAMILY & CARER RESOURCES

(a) LEAFLETS

- **MAMA**
Contact Address: Waterside Centre
26 Avenue Road
London
SE25 4DX
Contact No: (020) 87715595

Feedback: *MAMA leaflets are great for self-help strategies and information for families and partners. May also be useful for staff education.*

- The Effects of Post-Natal Illness on the Family
- Supporting Someone You Love With Postnatal Depression
- **MIND**
Contact Address: 15-19 Broadway
London
E15 4BQ
Contact No: (020) 85192122

Feedback: *Good, clear and comprehensive.*

- Understanding Postnatal Depression
- **Royal College of Psychiatrists**
Contact Address: 17 Belgrave Square
London
SW1X 8PG
Contact No: (020) 7235 2351

Feedback: *Very useful resource. Covers most features of post natal illness in reassuring way that never patronising. Many sufferers may not be able to concentrate long enough to take it all in but it could be on hand to dip into.*

- Help is at Hand

20. POST TRAUMATIC STRESS DISORDER (PTSD)

SECTION NO.

20.1 WORKER RESOURCES

- (a) Books
- (b) Leaflets

20.2 CLIENT RESOURCES

- (a) Books
- (b) Leaflets

20.3 CONTACT INFORMATION FOR NATIONAL ORGANISATIONS/SUPPORT GROUPS

20.4 CONTACT INFORMATION FOR LOCAL ORGANISATIONS/SUPPORT GROUPS

- (a) Barrow & Ulverston Areas

20.5 INTERNET RESOURCES

- (a) UK Internet Addresses
- (b) International Internet Addresses

20.6 FAMILY & CARER RESOURCES

- (a) Leaflets
- (b) Contact Information For National Organisations/Support Groups
- (c) Contact Information For Local Organisations/Support Groups

20.7 MENTAL HEALTH HANDBOOK EXTRACTS

- (a) Coping With Accidents & Trauma

SEE ALSO CROSS-REFERENCES:

- Abuse - Sexual
- Anxiety & Stress
- Depression
- Obsessive Compulsive Disorder (OCD)
- Panic
- Phobias
- Protocol For Responding To Disclosures Of Sexual Abuse In Primary Care (See Appendix 1.6)

WORKER RESOURCES

(a) BOOKS

- **OVERCOMING CHILDHOOD TRAUMA: A SELF-HELP GUIDE USING COGNITIVE BEHAVIOURAL TECHNIQUES**
 Price: £7.95
 Publisher: London: Robinson
H. Kennerley
 ISBN: 1 84119 081 0

Feedback: *Useful for staff and clients. Particularly good for people who have suffered childhood abuse. Uses exercises to develop insight into problem with constructive ideas to achieve change. Some concerns about giving it to people experiencing mental health problems, e.g., depression, who may need further support to get through this process.*

- **OVERCOMING TRAUMATIC STRESS: A SELF-HELP GUIDE USING COGNITIVE BEHAVIOURAL TECHNIQUES**
 Price: £7.99
 Publisher: London: Robinson
C. Herbert & A. Wetmore
 ISBN: 1 84119 016 0

Feedback: *Useful for staff and clients, particularly people and families of people with traumatic stress. Readability and content good. Gives practical advice and exercises to help overcome traumatic stress. Would be good to run alongside therapy.*

(b) LEAFLETS

- **MIND** - Understanding Post-Traumatic Stress Disorder
 Contact Address: 15-19 Broadway
 London
 E15 4BQ
 Contact No: (020) 85192122

Feedback: *Provides clear, useful information.*

- **Northumberland Mental Health NHS Trust** - Post Traumatic Stress
 Contact Address: St George's Hospital
 Morpeth
 Northumberland
 NE61 2NU
 Contact No: (01670) 512121

CLIENT RESOURCES

(a) BOOKS

- COPING WITH POST TRAUMATIC STRESS** **F. Parkinson**
 Price: £6.99 ISBN: 0 85969 843 2
 Publisher: London: Sheldon

Feedback: *A useful self-help resource, well laid out with case examples.*

- OVERCOMING CHILDHOOD TRAUMA: A SELF-HELP GUIDE USING COGNITIVE BEHAVIOURAL TECHNIQUES** **H. Kennerley**
 Price: £7.95 ISBN: 1 84119 081 0
 Publisher: London: Robinson

Feedback: *Useful for staff and clients. Particularly good for people who have suffered childhood abuse. Uses exercises to develop insight into problem with constructive ideas to achieve change. Some concerns about giving it to people experiencing mental health problems, e.g., depression, who may need further support to get through this process.*

- OVERCOMING TRAUMATIC STRESS: A SELF-HELP GUIDE USING COGNITIVE BEHAVIOURAL TECHNIQUES** **C. Herbert & A. Wetmore**
 Price: £7.99 ISBN: 1 84119 016 0
 Publisher: London: Robinson

Feedback: *Useful for staff and clients, particularly people and families of people with traumatic stress. Readability and content good. Gives practical advice and exercises to help overcome traumatic stress. Would be good to run alongside therapy.*

(b) LEAFLETS

- MIND** - Understanding Post-Traumatic Stress Disorder
 Contact Address: 15-19 Broadway
 London
 E15 4BQ
 Contact No: (020) 85192122

Feedback: *Provides clear, useful information.*

- Northumberland Mental Health NHS Trust** - Post Traumatic Stress
 Contact Address: St George's Hospital
 Morpeth
 Northumberland
 NE61 2NU
 Contact No: (01670) 512121

CONTACT INFORMATION FOR NATIONAL ORGANISATIONS/SUPPORT GROUPS

- **ASSIST (Assistance Support and Self Help in Surviving Trauma)**
 27a Church Street
 Rugby
 Warwickshire
 CV21 3PU
 (01788) 560800

Provides support and counselling for PTSD and families and carers.
- **Ex-Services Mental Welfare Society (Combat Stress)**
 Tyrwhitt House
 Oaklawn Road
 Leatherhead
 KT22 0BY
 (01372) 831600 –
 8 am-5 pm

Support for members of all ranks or armed forces and merchant navy.
- **Gulf Veterans Association**
 5th Floor
 Mea House
 Ellison Place
 Newcastle-upon-Tyne
 NE1 8XS
 (0191) 2301065
- **Lifeline (Help for Victims of Violence in the Home, Sexual Abuse and Incest)**
 The Old Bakehouse
 Main Road
 Hulland Ward
 Ashbourne
 Derbyshire
 DE6 3EA
 (01262) 469085 -
 tel/fax

Support for families experiencing physical, sexual or psychological violence.
- **London Rape Crisis Centre**
 PO Box 69
 London
 WC1X 9NJ
 (020) 78371600

Free, confidential service for abused women.
- **Medical Foundation for the Care of Victims of Torture**
 96-98 Grafton Road
 London
 NW5 3EJ
 (020) 7813 7777
 (020) 78130011 – fax

A national referral centre, has info on local sources of help.
- **Refugee Support Centre**
 47 South Lambeth Road
 London
 SW8 1RH
 (020) 78203606
- **Stresscare**
 20 Parkwood Road
 Tavistock
 PL19 0HH
 (01822) 610546

A network of trained counsellors specialising in stress in rural areas.
- **Trauma Aftercare Trust (TACT)**
 Buttfields
 The Farthings
 Withington
 Gloucestershire
 GL54 4DF
 (01242) 890306 – tel
 (01242) 890498 - fax
 0800 1696814 –
 24 hr helpline

A network of trained counsellors for survivors of disaster, their friends and families.
- **Traumatic Stress Clinic**
 73 Charlotte Street
 London
 W1T 4PL
 (020) 75303666
- **Traumatic Stress Service**
 Maudsley Hospital
 99 Denmark Hill
 London
 SE5 8AZ
 (020) 79193458
- **Victim Support**
 Cranmer House
 39 Brixton Road
 London
 SW9 6DZ
 (020) 7359166

They will send you a pack of leaflets.

**CONTACT INFORMATION FOR LOCAL ORGANISATIONS/SUPPORT
GROUPS**

(a) BARROW & ULVERSTON AREAS

- **Victim Support (Local)**
Victim Support Office
Police Station
Market Street
Barrow-In-Furness
LA14 2LE
(01229) 839989 or
(01229) 818819

INTERNET RESOURCES

(a) UK INTERNET ADDRESSES

- **Ex-Services Mental Welfare Society (Combat Stress)**
e-mail: contactus@combatstress.org.uk
www.combatstress.com
- **Gulf Veterans Association**
e-mail: larry@gulfveteransassociation.co.uk
www.gulfveteransassociation.co.uk
- **Medical Foundation for the Care of Victims of Torture**
www.torture.org.uk
- **Trauma Aftercare Trust (TACT)**
e-mail: tact@tscthq.demon.co.uk
www.tacthq.demon.co.uk
- **Traumatic Stress Clinic**
www.traumaticstress.com/tsc.htm

(b) INTERNATIONAL INTERNET ADDRESSES

- **Managing Traumatic Stress: Tips for Recovering From Disasters and Other Traumatic Events**
<http://www.apa.org/practice/traumaticstress.html>
- **Post-Traumatic Stress Disorder: An Overview**
<http://www.ncptsd.org/Overview.html>
- **The National Center for PTSD: Research and Education on Post-Traumatic Stress Disorder**
<http://www.dartmouth.edu/dms/ptsd/Index.html>
- **The Trauma Response**
<http://www.traumapages.com/t-facts.htm>
- **Trauma Resource Area**
<http://www.sidran.org/trauma.html>

FAMILY & CARER RESOURCES

(a) LEAFLETS

- **MIND** - Understanding Post-Traumatic Stress Disorder
Contact Address: 15-19 Broadway
London
E15 4BQ
Contact No: (020) 85192122

Feedback: *Provides clear, useful information.*
- **Northumberland Mental Health NHS Trust** - Post Traumatic Stress
Contact Address: St George's Hospital
Morpeth
Northumberland
NE61 2NU
Contact No: (01670) 512121

(b) CONTACT INFORMATION FOR NATIONAL ORGANISATIONS/SUPPORT GROUPS

- **Victim Support (National)**
Cranmer House
39 Brixton Road
London
SW9 6DZ
(020) 7359166

They will send you a pack of leaflets that they produce that may be relevant.

(c) CONTACT INFORMATION FOR LOCAL ORGANISATIONS/SUPPORT GROUPS

BARROW & ULVERSTON AREAS

- **Victim Support (Local)**
Victim Support Office
Police Station
Market Street
Barrow-in-Furness
LA14 2LE
(01229) 839989 or
(01229) 818819

MENTAL HEALTH HANDBOOK EXTRACTS

Accidents happen all the time, but a trauma is something that 'pierces or wounds our psychological defences'. People might say, 'it really got through to me'. Events that create trauma might range from witnessing an armed robbery, being involved in an assault, a road traffic accident, experiencing physical or sexual abuse, or other disasters. People can experience trauma by being directly or indirectly involved.

Traumas do not occur in isolation, but normally when the person already has an existing agenda of stress to deal with. They also have the habit of triggering past traumatic, frozen memories, which adds further stress and makes the situation worse.

A trauma is something that has challenged a basic fundamental belief that a person holds. The greater the contradiction between what has happened and the belief, the more likely the trauma. If the person strongly believes for example that the world is an orderly, predictable and safe place, or that life is meaningful, or that he or she is a strong, competent person, and this belief is challenged by a catastrophic event, then traumatic stress is likely to ensue.

■ Normal reactions to trauma

Tearful: Tired and lack of energy . . . poor concentration and memory . . . sleeping difficulties . . . numbness and loss of feeling . . . irritability and lowered tolerance . . . increased muscle tension and arousal . . . nightmares and flashbacks . . . loss of interest . . . headaches . . .

Fear: of similar events happening again, of breaking down or losing control, of being alone, of damage to oneself and loved ones.

Guilt: for surviving or being better off than others, regrets for things not done.

Shame: for not having acted as you would have wished, for having been exposed as helpless, emotional and needy.

Anger: at what happened or who caused it or at the lack of understanding in others.

Disappointed: for all the plans that can never be fulfilled.

Strained relationships: the good feelings may be replaced by conflict, you may not have as much to give, others may not understand or give you what you want.

■ Ways of coping

- 1 **Accept feelings of numbness:** your mind allows the misfortune to be felt only slowly.
- 2 **Keep active:** helping others may give some relief, however overactivity is often detrimental if it is a way of not thinking about the event – maintain a balance.
- 3 **Confront reality:** confront the reality, attend funerals, return to the scene of the event.
- 4 **Seek support:** share with others, allow others to offer physical and emotional support.
- 5 **Maintain privacy:** in order to deal with feelings you will find it necessary, at times, to be alone, or just with family and close friends.
- 6 **Process your feelings:** it helps to think, talk and dream about it over and over again. The more you can do this the better the processing and the quicker you can move forward with your life.
- 7 **Understand the meaning of the trauma:** Discuss how it might link up with earlier events in your life.
- 8 **Examine and alter unhelpful thinking attributions:** eg, 'I should have done more'.

■ Some DO'S and DON'TS

DO express your emotions – cry if possible.

DO take every opportunity to review the experience with yourself and others.

DO take time out to sleep, rest, think and be with those important to you.

DO try to keep your life as normal as possible, let children keep up with their activities and stay at school.

DO try to go along with situations or triggers that bring back painful memories of the event, rather than avoiding.

DON'T bottle up feelings.

DON'T avoid talking about what happened.

DON'T expect the memories to go away – the feelings will stay for a long time to come.

21. PSYCHOSIS

SECTION NO.

21.1 WORKER RESOURCES

- (a) Books
- (b) Leaflets

21.2 CLIENT RESOURCES

- (a) Books
- (b) Leaflets

21.3 CONTACT INFORMATION FOR NATIONAL ORGANISATIONS/SUPPORT GROUPS

21.4 CONTACT INFORMATION FOR LOCAL ORGANISATIONS/SUPPORT GROUPS

- (a) Barrow & Ulverston Areas
- (b) Kendal & South Lakes Areas

21.5 INTERNET RESOURCES

- (a) UK Internet Addresses
- (b) International Internet Addresses

21.6 FAMILY & CARER RESOURCES

- (a) Books
- (b) Leaflets
- (c) Contact Information For National Organisations/Support Groups
- (d) Contact Information For Local Organisations/Support Groups
- (e) Internet Resources

21.7 MENTAL HEALTH HANDBOOK EXTRACTS

- (a) What Is Schizophrenia?
- (b) Symptoms Of Schizophrenia

SEE ALSO CROSS-REFERENCES:

- Addictions - Alcohol
- Addictions - Drugs
- Bereavement & Loss
- Bi-Polar Disorder/Manic Depression
- Depression
- Protocol For The Treatment Of Psychosis In Primary Care (See Appendix 1.4)

WORKER RESOURCES

(a) BOOKS

- **SOCIAL SKILLS TRAINING FOR SCHIZOPHRENIA: A STEP BY STEP GUIDE**
 Price: £19.95 **A.S. Bellack, K.T. Mueser, S. Gingerich & J. Agresta**
 Publisher: New York: Guilford ISBN: 1 57230 177 5

Feedback: *This useful treatment manual for staff is designed to facilitate group work in a range of settings. Part 1 provides a detailed overview of social skills to schizophrenia clients. Part 2 comprises clearly written and up to date skills sheets for group work.*
- **THE VOICE INSIDE: A PRACTICAL GUIDE TO COPING WITH HEARING VOICES**
 Price: £3.00 **P. Baker**
 Publisher: London: MIND ISBN: 1 874690 71 5

(b) LEAFLETS

- **Hearing Voices Network**
 - Information Leaflet
 - Understanding Voices
 - Voice Hearing: Denial or Acceptance?
 - What it is
 - A Brief Guide to Hearing Voices

Contact Address: 91 Oldham Street
 Manchester
 M4 1LW
 Contact No: (0161) 8345768

Feedback: *Overall a good set of leaflets. These publications offer explanations and alternative ways of coping with hearing voices. They include peoples' personal experiences.*
- **Making Space**
 - Family Support Service
 - Information Leaflet
 - Information Pack
 - What is Schizophrenia?

Contact Address: 46 Allen Street
 Warrington
 Cheshire
 WA2 7BJ
 Contact No: (01925) 571680
- **MIND**
 - Understanding Schizophrenia

Contact Address: 15-19 Broadway
 London
 E15 4BQ
 Contact No: (020) 85192122
- **Miscellaneous**
 - How People Cope With Hearing Voices
 - Stress and Hearing Voices
 - Ways of Coping With Hearing Voices
 - Understanding What Others' Think
 - What Does it Feel Like to be Schizophrenic?
 - What are the Positive and Negative Symptoms?

PSYCHOSIS

SECTION 21.1

- **National Schizophrenia Fellowship**

Contact Address: 28 Castle Street
Kingston-Upon-Thames
Surrey
KT1 1SS
Contact No: (020) 85473937

- What is Severe Mental Illness?

- **Royal College of Psychiatrists**

Contact Address: 17 Belgrave Square
London
SW1X 8PG
Contact No: (020) 72352351

- Schizophrenia

Saneline

Contact Address: 1st Floor
Cityside House
40 Adler Street
London
E1 1EE
Contact No: (0845) 7678000

- Information on Saneline

CLIENT RESOURCES

a) BOOKS

- **LIVING WITH SCHIZOPHRENIA** **B. Lintner**
 Price: £8.99 ISBN: 0 091813 40 9
 Publisher: London: Vermilion

Feedback: *A reassuring and helpful book with a sympathetic approach which dispels common misconceptions and offers comprehensive and practical guidance for clients and their families.*
- **THE VOICE INSIDE: A PRACTICAL GUIDE TO COPING WITH HEARING VOICES** **P. Baker**
 Price: £3.00 ISBN: 1 874690 71 5
 Publisher: London: MIND
- **VOICES FROM VOICE HEARERS** **Salisbury Hearing Voices Group**
 Price: £4.00 ISBN: Does not have an ISBN No.
 Publisher: Salisbury: Salisbury Hearing Voices Group

Feedback: *Mainly useful for clients, provides examples of peoples experiences and suggestions on how to live with them.*

(b) LEAFLETS

- **Hearing Voices Network**
 Contact Address: 91 Oldham Street
 Manchester
 M4 1LW
 Contact No: (0161) 8345768

- Information Leaflet
 - Understanding Voices
 - Voice Hearing: Denial or Acceptance?
 - What it is
 - A Brief Guide to Hearing Voices

Feedback: *Overall a good set of leaflets. These publications offer explanations and alternative ways of coping with hearing voices. They include peoples' personal experiences.*
- **Making Space**
 Contact Address: 46 Allen Street
 Warrington
 Cheshire
 WA2 7BJ
 Contact No: (01925) 571680

- Information Leaflet
 - Information Pack
 - What is Schizophrenia?
- **MIND**
 Contact Address: 15-19 Broadway
 London
 E15 4BQ
 Contact No: (020) 85192122

- Understanding Schizophrenia

PSYCHOSIS

SECTION 21.2

- **Miscellaneous**
 - How People Cope With Hearing Voices
 - Stress and Hearing Voices
 - Ways of Coping With Hearing Voices
 - Understanding What Others' Think
 - What Does it Feel Like to be Schizophrenic?
 - What are the Positive and Negative Symptoms?

 - **National Schizophrenia Fellowship**
 - Contact Address: 28 Castle Street
Kingston-Upon-Thames
Surrey
KT1 1SS
 - Contact No: (020) 85473937

 - **Royal College of Psychiatrists**
 - Contact Address: 17 Belgrave Square
London
SW1X 8PG
 - Contact No: (020) 72352351

 - **Saneline**
 - Contact Address: 1st Floor
Cityside House
40 Adler Street
London
E1 1EE
 - Contact No: (0845) 7678000
- What is Severe Mental Illness?

 - Schizophrenia

 - Information on Saneline

CONTACT INFORMATION FOR NATIONAL ORGANISATIONS/SUPPORT GROUPS

- **Hearing Voices Network**
91 Oldham Street
Manchester
M4 1LW
(0161) 8345768 – tel/fax

User-led group helping people come to terms with their voices.
- **National Schizophrenia Fellowship**
28 Castle Street
Kingston-Upon-Thames
Surrey
KT1 1SS
(020) 85473937
(020) 89746814 - adviceline
(020) 85473862 – fax

Aims to improve the lives of those affected by severe mental illness.
- **Saneline**
1st Floor
Cityside House
40 Adler Street
London
E1 1EE
(0845) 7678000 – 12 noon-2 am

Provides information and listening support.
- **Schizophrenia Association of Great Britain**
Bryn Hyfryd
The Crescent
Bangor
Gwynedd
LL57 2AG
(01248) 354048 – tel/fax
e-mail: sagb@btinternet.com
<http://www.btinternet.com/~sagb>

They will send a free pack of information.

CONTACT INFORMATION FOR LOCAL ORGANISATIONS/SUPPORT GROUPS

(a) BARROW & ULVERSTON AREAS

- **Bay Hearing Voices Group**
MIND-in-Furness
64 School Street
Barrow-In-Furness
LA14 1EW
(01229) 827094 – tel/fax
- **Making Space – Family Support**
Duddon House
Fairfield Lane
Barrow-In-Furness
LA13 9AZ
(01229) 871233 – Answerphone
available

Meets Mondays 1–3 pm

(b) KENDAL & SOUTH LAKES AREAS

- **Making Space Family Support service**
Kinta House
Helme Close
Kendal
(01539) 735210

INTERNET RESOURCES

(a) UK INTERNET ADDRESSES

- **Hearing Voices Network**
e-mail: hearingvoices@care4free.net
www.hearing-voices.org.uk
- **National Schizophrenia Fellowship (NSF)**
e-mail: info@london.nsf.org.uk
www.nsf.org.uk
- **Schizophrenia Association of Great Britain**
e-mail: sagb@btinternet.com
<http://www.btinternet.com/~sagb>
- **NSF Scotland**
e-mail: info@nsfscot.org.uk
www.nsfscot.org.uk

(b) INTERNATIONAL INTERNET ADDRESSES

- **Internet Mental Health**
<http://www.mentalhealth.com/dis/p20-ps01.html>
- **Schizophrenia**
<http://www.nimh.nih.gov/publicat/schizophrenia.htm#schiz1>
- **Schizophrenia: A Handbook for Families**
<http://www.mentalhealth.com/book/p40-sc01.html>
- **Schizophrenia and Other Psychotic Disorders**
<http://www.mentalhealth.com/book/p40>
- **Schizophrenia.com**
<http://www.schizophrenia.com>
<http://www.schizophrenia.com/newsletter>
<http://www.schizophrenia.com/newsletter/buckets/success.html>

(c) ONLINE SUPPORT GROUPS

- **Schizophrenia.com Home Page**
<http://www.schizophrenia.com/discuss/Disc3.html>
- **Schizophrenia Support Organizations**
<http://members.aol.com/leonardjk/USA.htm>

FAMILY & CARER RESOURCES

(a) BOOKS

- LIVING WITH SCHIZOPHRENIA
Price: £8.99
Publisher: London: Vermilion

B. Lintner
ISBN: 0 091813 40 9

Feedback: *A reassuring and helpful book with a sympathetic approach which dispels common misconceptions and offers comprehensive and practical guidance for clients and their families.*

(b) LEAFLETS

- **Making Space**
Contact Address: 46 Allen Street
Warrington
Cheshire
WA2 7BJ
Contact No: (01925) 571680
- Family Support Service
- Information Leaflet
- Information Pack
- What is Schizophrenia?
- **MIND**
Contact Address: 15-19 Broadway
London
E15 4BQ
Contact No: (020) 85192122
- Understanding Schizophrenia
- **Miscellaneous**
- What Does it Feel Like to be Schizophrenic?
- What are the Positive and Negative Symptoms?
- **National Schizophrenia Fellowship**
Contact Address: 28 Castle Street
Kingston-Upon-Thames
Surrey
KT1 1SS
Contact No: (020) 85473937
- What is Severe Mental Illness?

(c) CONTACT INFORMATION FOR NATIONAL ORGANISATIONS/SUPPORT GROUPS

- **NSF Scotland**
Claremont House
130 East Claremont Street
Edinburgh
EH7 4LB
(0131) 5578969
(0131) 5578968 – fax
e-mail: info@nsfscot.org.uk
www.nsfscot.org.uk

Dedicated to the needs of carers of people affected by schizophrenia or other severe mental health problems.

- **Saneline**
1st Floor
Cityside
40 Adler Street
London
E1 1EE
(0845) 7678000

Provides information and listening support.

PSYCHOSIS

SECTION 21.6

(d) CONTACT INFORMATION FOR LOCAL ORGANISATIONS/SUPPORT GROUPS

BARROW & ULVERSTON AREAS

- **Making Space – Family Support**
Duddon House
Fairfield Lane
Barrow-In-Furness
LA13 9AZ
(01229) 871233 – Answerphone available

KENDAL & SOUTH LAKES AREAS

- **Making Space Family Support service**
Kinta House
Helme Close
Kendal
(01539) 735210

(e) INTERNET RESOURCES

- | | |
|---|--|
| <ul style="list-style-type: none">• Schizophrenia: A Handbook for Families
http://www.mentalhealth.com/book/p40-sc01.html | <ul style="list-style-type: none">• Understanding Schizophrenia: A Guide for People With Schizophrenia and Their Families
http://www.mhsource.com/narsad/schiz.html |
|---|--|

MENTAL HEALTH HANDBOOK EXTRACTS

■ Incidence

Schizophrenia is a major mental illness that can affect anybody. One person out of every hundred will probably suffer from schizophrenia before they reach the age of 45. In Britain, about 35,000 people are admitted to hospital every year with the illness. This makes up about one-sixth of all the people in hospital. Schizophrenia occurs all over the world.

The illness tends to strike people first between the ages of 18 and 35, very often when they are in their prime, and when they are trying to establish independent lives. It occurs in both men and women although it tends to start a little later in women.

Schizophrenia affects all aspects of the sufferers' lives, including the way they think, how they feel and the way they behave. Those affected may hear voices, develop strange delusional ideas, or become apathetic, lose interest and change emotionally. One of the difficulties is that those affected may themselves be unaware that something is wrong. For the sufferer it is difficult to decide what is real and what is not real. It is a little like having a dream while being wide awake.

■ Myths about schizophrenia

A number of popular misconceptions exist. The first is that schizophrenia is about having a multiple personality, like Dr Jekyll and Mr Hyde. This is completely untrue. Schizophrenia has nothing to do with being more than one personality; rather it can be regarded as a disintegration of personality. A second popular myth is that people who have schizophrenia are always dangerous and violent. Again this is untrue, as people with schizophrenia are often very timid and frightened and no more likely to commit violent crime than anybody else. A third myth is that schizophrenia is somehow the result of bad parenting. There is no scientific basis for this notion; an overwhelming amount of scientific evidence suggests that schizophrenia is a disease of the brain.

■ Diagnosis and outcome

Schizophrenia is a very difficult illness to diagnose and it is even more difficult to predict the outcome. There is no laboratory test for schizophrenia and the diagnosis is based on the patient's symptoms. About one-third of those affected have a single attack and recover completely. However, for others there may be further attacks or even an uninterrupted continuation of the symptoms. At the beginning of the illness it is not possible to tell who will recover and who will have to cope with long-term problems; that is why doctors and health workers are often slow or unwilling to reach a definite diagnosis and make firm predictions.

Symptoms of Schizophrenia

Schizophrenia is difficult to recognise: there are no special tests for the illness and no outward physical signs. Very often people with schizophrenia don't want to talk about it. Sometimes symptoms are very slow to show up and no two people have the same array of symptoms.

There are two main types of symptoms which affect a person's thoughts, feelings and behaviour. First 'positive symptoms', which means something is added to the person's usual behaviour, for example, hearing voices or having delusional ideas. These positive symptoms normally occur during an acute attack and are often responsive to medication. Second 'negative symptoms', which means something is lost from the person, for example, this might include loss of energy, or interest, or being unable to demonstrate affection, or lacking appropriate feelings or reactions.

■ Positive symptoms

Hearing voices: also known as auditory hallucinations. Sufferers hear other people's voices in their head making comments about them or what they are doing. These voices can be experienced as both pleasant and unpleasant depending on what they say. The individual often responds to them as if they were real or have power over them.

Delusions: a highly improbable idea becomes fixed in the person's mind as a certainty and ordinary attempts to point out contradictions cannot shift it. Examples of these ideas might be that they have special powers (being God or the Prime Minister) or that somebody is trying to harm them.

Thought control: the person believes their mind is being controlled from outside, for example, by a radio receiver or aliens.

Thought broadcast: the person imagines their thoughts are being spoken out loud.

Thought disorder: ideas become loosely associated, disconnected and flighty. One idea leads very quickly to the next and it is difficult to concentrate or stay focused on one particular subject. Concentration becomes difficult.

Incoherent talking: speech becomes rather mixed up and rambling.

■ Negative symptoms

Loss of energy and motivation: the person may have no enthusiasm, activity levels are reduced and self-care is often neglected, the person may not want to get out of bed in the morning.

Withdrawal: the person may avoid social activities and external events, becoming more occupied with internal events or the thoughts and voices in their heads.

Emotional changes: emotions are not expressed normally; the person may appear emotionally flat or behave inappropriately, laughing at serious subjects.

Poverty of speech: initiation and content of speech is reduced, the person becomes quieter and has less need to communicate with the external world.

22. SEASONAL AFFECTIVE DISORDER (SAD)

SECTION NO.

22.1 WORKER RESOURCES

- (a) Leaflets
- (b) CD-ROMS

22.2 CLIENT RESOURCES

- (a) Leaflets
- (b) CD-ROMS

22.3 CONTACT INFORMATION FOR NATIONAL ORGANISATIONS/SUPPORT GROUPS

22.4 INTERNET RESOURCES

- (a) UK Internet Addresses

22.5 FAMILY & CARER RESOURCES

- (a) Leaflets

SEE ALSO CROSS-REFERENCES:

- Anxiety & Stress
- Depression
- Protocol For The Treatment Of Depression In Primary Care (See Appendix 1.2)

WORKER RESOURCES

(a) LEAFLETS

- **MIND** - Understanding Seasonal Affective Disorder
Contact Address: 15-19 Broadway
London
E15 4BQ
Contact No: (020) 85192122

(b) CD-ROMS

- **RESTORING THE BALANCE** **Mental Health Foundation**
Price: £25.00 ISBN: 0 90 01944 777
Publisher: London: The Mental Health Foundation
Contact Address: 20-21 Cornwall Terrace
London
NW1 4QL
Contact No: (020) 75357400

Feedback: *Although not specific to seasonal affective disorder, this resource is useful for staff and clients. Content accurate though brief. May be particularly good for clients with milder anxiety and depression who are computer literate. Addresses how to move away from depression and anxiety using a Cognitive Behavioural Therapy framework.*

CLIENT RESOURCES

(a) LEAFLETS

- **MIND** - Understanding Seasonal Affective Disorder
Contact Address: 15-19 Broadway
London
E15 4BQ
Contact No: (020) 85192122

(b) CD-ROMS

- **RESTORING THE BALANCE** **Mental Health Foundation**
Price: £25.00 ISBN: 0 90 01944 777
Publisher: London: The Mental Health Foundation
Contact Address: 20-21 Cornwall Terrace
London
NW1 4QL
Contact No: (020) 75357400

Feedback: *Although not specific to seasonal affective disorder, this resource is useful for staff and clients. Content accurate though brief. May be particularly good for clients with milder anxiety and depression who are computer literate. Addresses how to move away from depression and anxiety using a Cognitive Behavioural Therapy framework.*

SEASONAL AFFECTIVE DISORDER (SAD)

SECTION 22.3

CONTACT INFORMATION FOR NATIONAL ORGANISATIONS/SUPPORT GROUPS

- **SAD Association**
PO Box 989
Steyning
West Sussex
BN44 3HG
(01903) 814942
(01903) 879939 – fax

Provides information and support.

Produces a newsletter.

SEASONAL AFFECTIVE DISORDER (SAD)

SECTION 22.4

INTERNET RESOURCES

(a) UK INTERNET ADDRESSES

- SAD Association
www.sada.org.uk

FAMILY & CARER RESOURCES

(a) LEAFLETS

- **MIND**
Contact Address: 15-19 Broadway
London
E15 4BQ
Contact No: (020) 85192122
- Understanding Seasonal Affective Disorder

23. SELF-HARM

SECTION NO.

23.1 WORKER RESOURCES

- (a) Books
- (b) Leaflets

23.2 CLIENT RESOURCES

- (a) Books
- (b) Leaflets

23.3 CONTACT INFORMATION FOR NATIONAL ORGANISATIONS/SUPPORT GROUPS

- (a) Addresses
- (b) Newsletters
- (c) Pen Friend Networks

23.4 INTERNET RESOURCES

- (a) UK Internet Addresses

23.5 FAMILY & CARER RESOURCES

- (a) Books
- (b) Leaflets
- (c) Contact Information For National Organisations/Support Groups

SEE ALSO CROSS-REFERENCES:

- Abuse – Sexual
- Protocol For Responding To Disclosures Of Sexual Abuse In Primary Care (See Appendix 1.6)
- Protocol for the Treatment of Self-Harm in Primary Care

WORKER RESOURCES

(a) BOOKS

- CUTTING OUT THE PAIN CONFERENCE PROCEEDINGS
 Price: £6.00 **Bristol Crisis Service for Women**
 Publisher: Bristol: Bristol Crisis Service for Women ISBN: 0 9531348 7 3
- LIFTING THE LID – A HANDBOOK FOR WORKERS **L. Arnold & A. Magill**
 Price: £5.50 ISBN: 1 901335 05 4
 Publisher: Abergavenny: The Basement Project

Feedback: *Useful for staff, some sections may be useful for clients e.g., the effects of abuse. Very straightforward, would be particularly useful for members of the primary care team and other professionals who encounter clients that self-injure. Easy to read and accurate, likely to be a useful resource.*
- NEEDING ATTENTION: AN EVALUATION OF SERVICES FOR WOMEN WHO SELF-INJURE **Bristol Crisis Service for Women**
 Price: £6.00 ISBN: 0 9531348 6 5
 Publisher: Bristol: Bristol Crisis Service for Women
- SELF-HARM RESOURCE PACK **The Basement Project**
 Price: £89.00 ISBN: Does not have an ISBN No:
 Publisher: Abergavenny: The Basement Project

Feedback: *A very useful self-help resource for clients, family and carers and staff education. The pack contains books, group planning and exercises and a video. Some basic information is photocopyable. As various parts of the pack are geared to different audiences there is some duplication.*
- SELF-INJURY SUPPORT & SELF-HELP GROUPS **L. Arnold**
 Price: £3.00 ISBN: 0 9531348 4 9
 Publisher: Bristol: Bristol Crisis Service for Women

Feedback: *A short booklet which is useful for staff who are interested in setting up a support group for women who self injure.*
- THE HURT YOURSELF LESS WORKBOOK **National Self Harm Network**
 Price: £25.00 ISBN: 0 9534027 0 3
 Publisher: London: The National Self Harm Network

Feedback: *This very helpful journal is useful for both staff education and as a workbook for clients. It includes case examples with lots of self-awareness and self-help exercises.*

SELF-HARM

SECTION 23.1

- **WOMEN AND SELF-INJURY: A STUDY OF 76 WOMEN**
Price: £6.00
Publisher: Bristol: Bristol Crisis Service for Women

Bristol Crisis Service for Women
ISBN: 0 9531346 5 7

(b) LEAFLETS

- **Mind**
Contact Address: 15-19 Broadway
London
E15 4BQ
Contact No: (020) 85192122
- Understanding Self-Harm
- **National Self-Harm Network Pack**
Contact Address: PO Box 16190
London
NW1 3WW
Contact No: Not Known
- The National Self-Harm Network
- Breaking the Spiral of Self-Harm
- The Clothier Report
- Minimising the Damage from Self-Harm
- Self-Injury: Myths and Common Sense
- Self-Injury Treatment Checklist
- Incident Report
- Resource and Information
- Advice for Accident and Emergency Staff
- At the Cutting Edge
- Guidelines From the National Self-Harm Network
- **Self-Injury Support**
Contact Address: Carlisle Counselling Centre
Riverside House
Warwick Road
Carlisle
CA1 2BS
Contact No: (01228) 401409
- Support for People Who Self-Injure, Their Family, Friends, Carers and Workers
- **Threshold**
Contact Address: 14 St George's Place
Brighton
East Sussex
BN1 4GB
Contact No: (01273) 626444
- Women & Self-Harm

CLIENT RESOURCES

(a) BOOKS

- CUTTING OUT THE PAIN CONFERENCE PROCEEDINGS
 Price: £6.00 **Bristol Crisis Service for Women**
 Publisher: Bristol: Bristol Crisis Service for Women ISBN: 0 9531348 7 3

- NEEDING ATTENTION: AN EVALUATION OF SERVICES FOR WOMEN WHO SELF-INJURE
 Price: £6.00 **Bristol Crisis Service for Women**
 Publisher: Bristol: Bristol Crisis Service for Women ISBN: 0 9531348 6 5

- SELF-HARM RESOURCE PACK **The Basement Project**
 Price: £89.00 ISBN: Does not have an ISBN No:
 Publisher: Abergavenny: The Basement Project

- Feedback:** *A very useful self-help resource for clients, family and carers and staff education. The pack contains books, group planning and exercises and a video. Some basic information is photocopyable. As various parts of the pack are geared to different audiences there is some duplication.*

- SELF-HELP FOR SELF-INJURY **L. Arnold**
 Price: £3.00 ISBN: 0 9531348 2 2
 Publisher: Bristol: Bristol Crisis Service for Women

- THE HURT YOURSELF LESS WORKBOOK **National Self Harm Network**
 Price: £25.00 ISBN: 0 9534027 0 3
 Publisher: London: The National Self Harm Network

- Feedback:** *This very helpful journal is useful for both staff education and as a workbook for clients. It includes case examples with lots of self-awareness and self-help exercises.*

- UNDERSTANDING SELF INJURY **L. Arnold**
 Price: £3.00 ISBN: 0 9531348 1 4
 Publisher: Bristol: Bristol Crisis Service for Women

SELF-HARM

SECTION 23.2

b) LEAFLETS

- **Mind**
Contact Address: 15-19 Broadway
London
E15 4BQ
Contact No: (020) 85192122
- Understanding Self-Harm
- **National Self-Harm Network Pack**
Contact Address: PO Box 16190
London
NW1 3WW
Contact No: Not Known
- The National Self-Harm Network
- Breaking the Spiral of Self-Harm
- The Clothier Report
- Minimising the Damage from Self-Harm
- Self-Injury: Myths and Common Sense
- Self-Injury Treatment Checklist
- Incident Report
- Resource and Information
- At the Cutting Edge
- Guidelines From the National Self-Harm Network
- **Self-Injury Support**
Contact Address: Carlisle Counselling Centre
Riverside House
Warwick Road
Carlisle
CA1 2BS
Contact No: (01228) 401409
- Support for People Who Self-Injure, Their Family, Friends, Carers and Workers
- **Threshold**
Contact Address: 14 St George's Place
Brighton
East Sussex
BN1 4GB
Contact No: (01273) 626444
- Women & Self-Harm

CONTACT INFORMATION FOR NATIONAL ORGANISATIONS/SUPPORT GROUPS

(a) ADDRESSES

- | | | |
|---|---|--|
| <ul style="list-style-type: none"> Abuse Counselling and Training (ACT)
 Halforton House
 29 Katherine Street
 Ashington
 Northumberland
 NE63 9BU
 (01670) 52111 – helpline

 <i>Helpline and counselling for survivors of physical, emotional, sexual abuse.</i> Artree
 78 Greenway
 Bush Lane
 Southville
 Bristol
 BS3 1SG
 (0117) 9533632

 <i>Offers training on self-harm and related issues facilitated by survivors.</i> Bristol Crisis Service for Women
 PO Box 654
 Bristol
 BS99 1XH
 (0117) 9251119

 <i>Telephone helpline for women.</i> DABS (Directory and Book Services)
 1 Broxholme Lane
 Doncaster
 South Yorkshire
 DN1 2LJ
 (01302) 768689 – tel/fax

 <i>Information service for survivors of sexual abuse, their friends and families.</i> | <ul style="list-style-type: none"> 42nd Street
 Suicide/Self-Harm Worker
 42nd Street
 Second Floor
 Swan Buildings
 20 Swan Street
 Manchester
 M14 5JW
 (0161) 8320169 – admin line
 (0161) 8320170 – helpline
 (Mon-Fri, 2-5 pm)

 <i>Mental health service for 15–25 year old facing problems including self-harm and suicide.</i> MASH (Men As Survivors)
 c/o Victim Support
 36 Dean Lane
 Bedminster
 Bristol
 BS1 1BS
 (0117) 9077100

 <i>Telephone counselling and advice for sexually abused men and friends and families.</i> National Self Harm Network
 PO Box 16190
 London
 NW1 3WW

 <i>Produces publications and campaigns for rights and understanding of people who self-harm.</i> | <ul style="list-style-type: none"> Newham Asian Women's Project
 661 Barking Road
 London
 E13 9EX
 (020) 84720528
 (020) 85525524 – helpline

 <i>Range of confidential advice and support services for Asian women. Aims to raise awareness of issues around self-harm for young Asian women.</i> Nottingham Crisis Line for Women (NCLW)
 NCLW
 Mailbox 218
 Vernon House
 18 Friar Lane
 Nottingham
 NG1 6DQ
 (0115) 9583399 – helpline (Fri & Sat, 9 pm – midnight)

 <i>National service providing listening and support for any women in distress, with emphasis on self-injury.</i> Samaritans
 10 The Grove
 Slough
 SL1 1QP
 (08457) 909090
 (08457) 909192 – textphone
 (01753) 819004 – fax

 <i>They will send some free information about suicide and what they can offer.</i> |
|---|---|--|

SELF-HARM

- **SPEAR (Self-Preservation Encouraging Active Response)**

PO Box 1465
Swindon
SN25 1JX
(01793) 701999

Support group that runs a correspondence course to help self-harmers.

- **Survivors UK**

PO Box 2470
London
SW9 9ZP
(020) 78333737

Helpline and counselling for sexually abused men.

- **The Basement Project**

PO Box 5
Abergavenny
NP7 5XW
(01873) 856524

Publications on self-harm for staff and clients.

- **Threshold**

14 St George's Place
Brighton
East Sussex
BN1 4GB
(01273) 626444 –
tel/fax
(0845) 3000911 –
national information
line

*Organisation for women with mental health issues.
Advises on setting up self-help groups.*

SECTION 23.3

- **Women in Secure Hospitals (WISH)**

WISH
15 Great Street
Thomas Apostle
London
EC4V 2BJ
(020) 73292415

Offers support, advocacy and advice to women in secure units/hospitals.

- **Women's Therapy Centre**

10 Manor Gardens
London
N7 6JS
(020) 72637860

Services for survivors of sexual abuse.

(b) NEWSLETTERS

- **SHOUT (Self-Harm Overcome by Understanding and Tolerance)**

SHOUT
c/o PO Box 654
Bristol
BS99 1XH

Bi-monthly newsletter aiming to break down isolation and build support for women who self-harm.

- **The Cutting Edge – A Newsletter for Women Living with Self-Inflicted Violence**

The Cutting Edge
PO Box 20819
Cleveland
Ohio 44120
USA

Forum for women who self-harm and their friends.

- **WAVES – Women Making Waves About Abuse**

WAVES
c/o PO Box 5
Abergavenny
NP7 5XW

Bi-monthly newsletter for women who have experienced abuse and their supporters.

SELF-HARM

SECTION 23.3

(c) PEN-FRIEND NETWORKS

- **SASH – Survivors of Abuse and Self-Harming**

SASH
20 Lackmore Road
Enfield
Middlesex
EN1 4PB

*Pen-friend network offering support
and friendship on a one to one basis
in writing.*

INTERNET RESOURCES

(a) UK INTERNET ADDRESSES

- **National Self-Harm Network**
e-mail: nshn@talk21.com
- **Self-Harm Bristol Crisis Service for Women**
www.users.zetnet.co.uk/BCSW/
- **Survivors UK**
e-mail: survivors@freeserve.co.uk
www.survivors.co.uk
- **The Basement Project**
e-mail: basement.project@virgin.net
<http://freespace.virgin.net/basement.project/>
- **Threshold**
e-mail: thrwomen@globalnet.co.uk
www.users.globalnet.co.uk/-thrwomen
- **Women's Therapy Centre**
e-mail: info@womenstherapycentre.co.uk
www.womenstherapycentre.co.uk

FAMILY AND CARER RESOURCES**(a) BOOKS**

- **FOR FRIENDS AND FAMILY**
Price: £3.00
Publisher: Bristol: Bristol Crisis Service for Women
L. Arnold
ISBN: 0 9531348 3 0

Feedback: *A very useful short booklet covering what self injury is and ways to support, understand and help someone who self injures.*

(b) LEAFLETS

- **Self-Injury Support**
Contact Address: Carlisle Counselling Centre
Riverside House
Warwick Road
Carlisle
CA1 2BS
Contact No: (01228) 401409
- Support for People Who Self-Injure, Their Family, Friends, Carers and Workers

(c) CONTACT INFORMATION FOR NATIONAL ORGANISATIONS/SUPPORT GROUPS**ADDRESSES**

- **MASH (Men as Survivors)**
c/o Victim Support
36 Dean Lane
Bedminster
Bristol
BS1 1BS
(0117) 9077100

NEWSLETTERS

- **The Cutting Edge – A Newsletter for Women Living with Self-Inflicted Violence**
The Cutting Edge
PO Box 20819
Cleveland
Ohio 44120
USA

24. SLEEP PROBLEMS

SECTION NO.

24.1 WORKER RESOURCES

- (a) Books
- (b) Leaflets
- (c) Tapes

24.2 CLIENT RESOURCES

- (a) Books
- (b) Leaflets
- (c) Tapes

24.3 CONTACT INFORMATION FOR NATIONAL ORGANISATIONS/SUPPORT GROUPS

24.4 INTERNET RESOURCES

- (a) UK Internet Addresses

24.5 FAMILY & CARER RESOURCES

- (a) Contact Information For National Organisations/Support Groups

SEE ALSO CROSS-REFERENCES

- Addictions - Alcohol
- Addictions - Drugs
- Anxiety & Stress
- Depression

WORKER RESOURCES

(a) BOOKS

- NO MORE SLEEPLESS NIGHTS

Price: £12.95

Publisher: New York: Wiley

P. Hauri & S. Linde

ISBN: 0 471 14904 7

Feedback: *Useful for staff and clients. Longish and very comprehensive but contents detailed so easy to read in manageable chunks. Particularly good for someone who wants to understand background and likes holistic approach rather than "how to do". Also touches on anxiety, depression, life-style and other factors.*

(b) LEAFLETS

- **MIND** - How to Cope With Sleep Problems
Contact Address: 15-19 Broadway
London
W15 4BQ
Contact No: (020) 85192122
- **Northumberland Mental Health NHS Trust** - Sleep Problems
Contact Address: St. George's Hospital
Morpeth
Northumberland
NE61 2NU
Contact No: (01670) 512121
- **Royal College of Psychiatrists** - Sleeping Well
Contact Address: 17 Belgrave Square
London
SW1X 8PG
Contact No: (020) 72352315

(c) TAPES

- COPING WITH SLEEP PROBLEMS **Talking Life**
Price: £13.99 ISBN: 1 901910 15 6
Publisher: Wendy Lloyd Audio
Productions Ltd
Contact Address: PO Box 1
Wirral
L47 7DD
Contact No: (0151) 6320662

Feedback: *A comprehensive 2-tape resource lasting 80 minutes in total useful for staff education and clients. They contain advice and easy to follow techniques and a relaxation exercise. They cover a range of different sleep problems including insomnia, sleep apnoea, narcolepsy, sleepwalking and night terrors.*

CLIENT RESOURCES

(a) BOOKS

- NO MORE SLEEPLESS NIGHTS

Price: £12.95

Publisher: New York: Wiley

P. Hauri & S. Linde

ISBN: 0 471 14904 7

Feedback:

Useful for staff and clients. Longish and very comprehensive but contents detailed so easy to read in manageable chunks. Particularly good for someone who wants to understand background and likes holistic approach rather than "how to do". Also touches on anxiety, depression, life-style and other factors.

- THE SLEEP SOLUTION

Price: £8.99

Publisher: London: Vermillion

N. Ball & N. Hough

ISBN: 0 09 181633 5

Feedback:

A very useful self-help resource for clients.

(b) LEAFLETS

- **MIND**

Contact Address: 15-19 Broadway
London

W15 4BQ

Contact No: (020) 85192122

- How to Cope With Sleep Problems

- **Northumberland Mental Health NHS Trust**

Contact Address: St. George's Hospital
Morpeth

Northumberland
NE61 2NU

Contact No: (01670) 512121

- Sleep Problems

- **Royal College of Psychiatrists**

Contact Address: 17 Belgrave Square
London

SW1X 8PG

Contact No: (020) 72352315

- Sleeping Well

SLEEP PROBLEMS

SECTION 24.2

(c) TAPES

- **COPING WITH SLEEP PROBLEMS** **Talking Life**
Price: £13.99 ISBN: 1 901910 15 6
Publisher: Wendy Lloyd Audio
Productions Ltd
Contact Address: PO Box 1
Wirral
L47 7DD
Contact No: (0151) 6320662

Feedback: *A comprehensive 2-tape resource lasting 80 minutes in total useful for staff education and clients. They contain advice and easy to follow techniques and a relaxation exercise. They cover a range of different sleep problems including insomnia, sleep apnoea, narcolepsy, sleepwalking and night terrors.*

- **SLEEP WELL** **J. Madders**
Price: £7.00
Publisher: Not Known
Contact Address: 29 Burwood Park Road
Walton-On-Thames
Surrey
KT12 5LH
Contact No: Not Known

Feedback: *This short self-help tape which is useful for clients, provides the listener with day-time practice, relaxation at bedtime and what to do when awakened in the night. Female voice.*

**CONTACT INFORMATION FOR NATIONAL
ORGANISATIONS/SUPPORT GROUPS**

- **British Snoring and Sleep Apnoea Association**
1 Duncroft Close
Reigate
Surrey
RH2 9DE
(01249) 701010

Information for sufferers and families.

- **Insomnia Helpline**
(020) 89949874 – 6 pm-9 pm
weekdays
- **Narcolepsy Association UK (UKAN)**
Craven House
1st Floor
121 Kingsway
London
WC2B 6PA
(020) 77218904

Information for sufferers and families.

- **Relaxation For Living**
29 Burwood Park Road
Walton on Thames
KT12 5LH
(01932) 227826

*Produces tapes and information
leaflets.*

- **Sleep Apnoea Trust**
7 Bailey Close
High Wycombe
Buckinghamshire
HP13 6QA
(01494) 439719

Support for clients and their families.

- **Sleep Matters**
Medical Advisory Service
PO Box 3087
London
W4 4ZP
(020) 89949874
- **The Sleep Council**
High Corn Mill
Chapel Hill
Skipton
BD23 1NL
(01756) 792327

INTERNET RESOURCES

(a) UK INTERNET ADDRESSES

- **British Snoring and Sleep Apnoea Association**
e-mail: snoreshop@britishsnoring.demon.co.uk
or: admin@britishsnoring.co.uk www.britishsnoring.demon.co.uk
or: www.britishsnoring.co.uk
- **Narcolepsy Association UK (UKAN)**
e-mail: info@narcolepsy.org.uk www.narcolepsy.org.uk
- **The Sleep Council**
www.sleepcouncil.org.uk

FAMILY & CARER RESOURCES

(a) CONTACT INFORMATION FOR NATIONAL ORGANISATIONS/SUPPORT GROUPS

- **British Snoring and Sleep Apnoea Association**
1 Duncroft Close
Reigate
Surrey
RH2 9DE
(01249) 701010

Information for sufferers and families.

- **Sleep Apnoea Trust**
7 Bailey Close
High Wycombe
Buckinghamshire
HP13 6QA
(01494) 439719

Support for clients and their families.

- **Narcolepsy Association UK (UKAN)**
Craven House
1st Floor
121 Kingsway
London
WC2B 6PA
(020) 77218904

Information for sufferers and families.

MENTAL HEALTH HANDBOOK EXTRACTS

'Sleep . . . balm of hurt minds . . . chief nourisher in life's feast'

– Macbeth –

■ Useful information about sleeping

- ❶ There is no such thing as an ideal length of sleep. Some people need 10 hours, others need three. Napoleon, Churchill and Margaret Thatcher are all reported as only needing between three and four hours a night.
- ❷ As you grow older you require less sleep. A person who had 10 hours at 20 years old may require five or less at 60.
- ❸ There is no danger in losing a few nights sleep. People often assume they will become ill, or their performance will be impaired. Both fears are usually groundless.
- ❹ Your body will take all the sleep it needs unless forcibly prevented.
- ❺ Research into insomnia finds that people with sleeping difficulties consistently over-estimate how long it takes them to get to sleep and how much sleep they have had. The next day they are usually oversensitised to bodily symptoms, interpreting them as signs of tiredness.

■ Hints for getting to sleep

- ❶ Prepare yourself before going to bed:
 - ◆ Take exercise early in the day;
 - ◆ Avoid spicy or heavy food and caffeine in the few hours before you retire;
 - ◆ Have a milky drink before bed;
 - ◆ Take time to relax by having a warm bath or listening to restful music, or complete a relaxation exercise;
 - ◆ Make sure your bedroom is quiet and your bed is comfortable.
- ❷ Go to bed only when you are sleepy; do not try to get more sleep by going to bed early.
- ❸ Use your bed only for sleeping. Do not read, watch television or eat in bed unless you are sure by your past experience that these activities help you to sleep.
- ❹ When you are in bed, relax and do not think about worrying issues. If there is a problem, identify all your worrying thoughts by writing them down on a piece of paper earlier in the evening, and leave that piece of paper downstairs. If you are still worrying write down your worries. Then try to think about pleasant things.
- ❺ Distract yourself by playing mental games, such as remembering the names of your classmates at school, counting football teams in the league, or counting prime numbers.
- ❻ Carry out a muscle relaxation exercise. As you lie in bed tighten up and relax muscle groups in your body.
- ❼ If you have not fallen asleep in about 15 to 20 minutes, or if you wake up and cannot get back to sleep, then get out of bed and do something else until you feel sleepy. Don't lie there tossing and turning. Go to a different room and do something which is different and unstimulating like reading, or ironing. Return to bed after a break when you feel sleepy.
- ❽ Set your alarm and get up at the same time each morning regardless of how much sleep you received during the night.
- ❾ Turn the clock face away so you cannot see what time it is.
- ❿ Do not catnap during the day. Try to establish a regular routine for going to bed and getting up.

25. SUICIDE

SECTION NO.

25.1 WORKER RESOURCES

- (a) Leaflets

25.2 CLIENT RESOURCES

- (a) Leaflets

25.3 CONTACT INFORMATION FOR NATIONAL ORGANISATIONS/SUPPORT GROUPS

25.4 CONTACT INFORMATION FOR LOCAL ORGANISATIONS/SUPPORT GROUPS

- (a) Barrow & Ulverston Areas

25.5 INTERNET RESOURCES

- (a) Local Internet Addresses
- (b) UK Internet Addresses
- (c) International Internet Addresses

25.6 FAMILY & CARER RESOURCES

- (a) Leaflets
- (b) Contact Information For National Organisations/Support Groups
- (c) Internet Addresses

SEE ALSO CROSS-REFERENCES

- Depression
- Self-Harm

WORKER RESOURCES

(a) LEAFLETS

- **British Psychological Society,
Core Mini Guides** - Assessing and Managing Suicide Risk

Contact Address: St Andrew's House
48 Princess Road East
Leicester
LE1 7DR

Contact No: (0116) 2549568
- **Health of the Nation** - Sometimes I Think I Can't Go On Anymore...

Contact Address: Mental Illness
PO Box 643
Bristol
BS99 1UU

Contact No: 0800 665544
- **Mind** - How to Help Someone Who is Suicide

Contact Address: 15-19 Broadway
London
E15 4BQ

Contact No: (020) 85192122
- **Northumberland Mental Health NHS Trust** - Suicide Risk: A Guide for Primary Care Teams and Mental Health Staff

Contact Address: St George's Hospital
Morpeth
Northumberland
NE61 2NU

Contact No: (01670) 512121
- **The Samaritans** - Information Pack

Contact Address: 10 The Grove
Slough
SL1 1QP

Contact No: (01753) 216500

CLIENT RESOURCES

(a) LEAFLETS

- **Health of the Nation**
Contact Address: Mental Illness
PO Box 643
Bristol
BS99 1UU
Contact No: 0800 665544
- Sometimes I Think I Can't Go On
Anymore...
- **The Samaritans**
Contact Address: 10 The Grove
Slough
SL1 1QP
Contact No: (01753) 216500
- Information Pack

SUICIDE

SECTION 25.3

CONTACT INFORMATION FOR NATIONAL ORGANISATIONS/SUPPORT GROUPS

- **PAPYRUS (Prevention of Suicides)**
Rossendale GH
Union Road
Rawtenstall
BB4 6NE
(01706) 214449
- **The Samaritans**
10 The Grove
Slough
SL1 1QP
(0345) 909090 – helpline
(01753) 216500 – tel
(01753) 775787 – fax

Non-political 24hr confidential support.

CONTACT INFORMATION FOR LOCAL ORGANISATIONS/SUPPORT GROUPS

(a) BARROW & ULVERSTON AREAS

- **Campaign Against Living Miserably (CALM)**

Lorraine Pearce
Prospect House
3 Prospect Road
Barrow-In-Furness
Cumbria
LA13 9AA
(01229) 833004
(01229) 831826 – fax

*Confidential free counselling,
information and advice for men on
issues such as depression and
suicide.*

- **Cumbria Stress Information Network**

c/o Duddon House
Fairfield Lane
Barrow-In-Furness
Cumbria
LA13 9AZ
(01229) 430333

- **The Samaritans**

16 Hartington Street
Barrow-In-Furness
Cumbria
LA14 5XR
(01229) 877524

*A listening service for lonely,
despairing and suicidal people. They
befriend people in crisis.
Available 24 hours a day.*

INTERNET RESOURCES

(a) LOCAL INTERNET ADDRESSES

- **Campaign Against Living Miserably (CALM)**
e-mail: calm-cumbria@yahoo.co.uk
- **The Samaritans**
e-mail: samaritan@barrow78.9.fsnet.co.uk

(b) UK INTERNET ADDRESSES

- **PAPYRUS (Prevention of Suicides)**
e-mail: papyrus_uk@hotmail.com
- **The Samaritans**
e-mail: jo@samaritans.org
www.samaritans.org.uk
e-mail (anonymous): samaritans@anon.tw
wells.com

(c) INTERNATIONAL INTERNET ADDRESSES

- **How to Help Someone You Care About**
<http://vcc.mit.edu/comm/samaritans/brochure.html>
- **Signs of Suicide Risk**
<http://vcc.mit.edu/comm/samaritans/warning.html>
- **Suicide and Suicide Prevention**
<http://www.psychomet.depression.central.suicide.html>

FAMILY & CARER RESOURCES

(a) LEAFLETS

- **Mind** - How to Help Someone Who Is Suicidal
 Contact Address: 15-19 Broadway
 London
 E15 4BQ
 Contact No: (020) 85192122
- **The Samaritans** - Information Pack
 Contact Address: 10 The Grove
 Slough
 SL1 1QP
 Contact No: (01753) 216500

(b) CONTACT INFORMATION FOR NATIONAL ORGANISATIONS/SUPPORT GROUPS

- **Shadow of Suicide**
 c/o The Compassionate Friends
 53 North Street
 Bristol
 BS3 1EN
 (0117) 9665202
 (0117) 0144368 – fax
 (0117) 9539639 – helpline

For those affected by suicide of a loved one.
- **Survivors of Bereavement by Suicide (SOBS)**
 Centre 88
 Saner Street
 Anlaby Road
 Hull
 Humberside
 HU3 2TR
 (01482) 610728
 (01482) 828212 - helpline
- **Sudden Death Support Association**
 Sarah Adams
 Chapel Green House
 Wokingham
 RG40 3ER
 (01189) 790790

For relatives of friends who have suffered sudden unexpected death.

(c) INTERNET RESOURCES

LOCAL INTERNET ADDRESSES

- **The Samaritans (Local)**
 e-mail:
[samaritan@barrow78](mailto:samaritan@barrow78.fsnet.co.uk)
9.fsnet.co.uk

SUICIDE

SECTION 25.6

UK INTERNET ADDRESSES

- **Shadow of Suicide**
c/o The
Compassionate
Friends
e-mail:
info@tcf.org.uk
www.tcf.org.uk
- **The Samaritans**
(National)
e-mail:
jo@samaritans.org
www.samaritans.org.uk

INTERNATIONAL INTERNET ADDRESSES

- **How to Help
Someone You Care
About**
<http://vcc.mit.edu/comm/samaritans/brochure.html>
- **Signs of Suicide
Risk**
<http://vcc.mit.edu/comm/samaritans/warning.html>
- **Suicide and Suicide
Prevention**
<http://www.psychomet.de/depression.central/suicide.html>

REFERENCES

Furness Mental Health Liaison Group. (2000).

Help Is Here: Contacts in the Furness area for people with mental health problems and carers.

Kendal & District Mental Health Liaison Group.

Mental Health Directory: A directory of services for adults with mental health problems.

Powell, T. (2000). **The Mental Health Handbook: Revised Edition.**

Speech Mark Publishing Ltd, UK. Price: £41.50. ISBN: 0863 883303.

www.visitcumbria.com/mapindex.htm (2001). **Map of Cumbria**

APPENDIX 1.1

PROTOCOL FOR **MANAGING ANXIETY** IN PRIMARY CARE

People often do not recognise their anxiety symptoms for what they are. The purpose of this protocol is to help them to recognise and understand their anxiety, as well to help you to assess and appropriately manage it.

If you suspect the patient may be anxious:-

1. Use screening questions:
 - A. How are you feeling in yourself
 - B. Have you been worrying a lot
 - C. How have you been sleeping

These are appropriate follow up questions for A & B:

 1. Do you feel keyed up and on edge?
 2. Have you been feeling irritable?
 3. Have you had headaches / trembling / sweating / diarrhoea . With what frequency?
 4. Does anything in particular bring on these feelings?
 5. Are you worried about your health?

These are appropriate follow up questions for C:

 1. Do you have difficulty getting off to sleep?
 2. Do you wake frequently in the night?
 3. Do you wake up early in the morning?
 4. Are you sleeping too much?
2. If any indications at all of "low mood":

Assess fully for depression. (See depression protocol.)
N.B. HADS (Hospital Anxiety and Depression Scale) can also be useful for assessing.
3. Once diagnosis made:

Give patient a simple explanation of their symptoms, stressing that there are a range of self-help and treatment options that can help them.
4. **Non-drug intervention in primary care:**
 1. In addition to a brief explanation of anxiety in the session, consider the following:
 - relaxation tapes (but important to explain rationale and stress the need for practice)
 - encourage regular exercise – explain rationale and consider referral to community gym (Barrow) or Garburn gym (Kendal)
 - encourage to face the feared situation (avoidance makes it worse).
 - self-help booklets (*refer to self-help resource pack information)
 2. For mild to moderate anxiety, consider a member of the practice team (including the practice counsellor if there is one) offering a brief counselling and anxiety management intervention.

APPENDIX 1.1
PROTOCOL FOR MANAGING ANXIETY IN PRIMARY CARE

5. Drug interventions in primary care:

If depression present with the anxiety:

Treat as for depression using a sedative anti-depressant which will also treat the accompanying anxiety symptoms. (See Drug and Therapeutics Committee guidelines.)

If no depression:

If multiple anxiety symptoms cause significant distress, consider anti-anxiety medication.
E.g. Beta blockers as first choice. (No time limit)
(Benzodiazepines, for insomnia, but for a maximum of 14 days because of the danger of dependence. Be aware dependence can start in 10 days).

6. Consider referral on if:

- very long standing problem
- and / or - severely disabling symptoms
- and / or - appropriate strategies suggested above have been tried and do not help.

Referral would be to: primary care Mental Health Team (if available) for assessment / brief intervention / appropriate referral on.

or Psychiatry if problems severe and patient unlikely to respond to talking therapy / education

or Psychology for psychological therapy

or CMHT where anxiety is very severe and disabling

or (in Kendal) Garburn House for group approach.
(Direct referral to the day unit in Barrow is not an option).

APPENDIX 1.2

PROTOCOL FOR **MANAGING DEPRESSION** IN PRIMARY CARE

People often do not recognize their symptoms of depression for what they are. The purpose of this protocol is to help them to recognise, understand and manage their depression, as well as to help you to assess and appropriately manage it.

Summary of assessment of depression

- A. If you suspect depression ask:
1. Has low mood been interfering with your life over the past two weeks?
 2. Have you lost interest in things?
 3. Are you more tired than usual?
- B. If any of the above apply, ask:
4. Have you lost confidence in yourself?
 5. Do you feel guilty about things?
 6. Do you find it difficult to concentrate?
 7. Do you find that you are not sleeping well? What is the sleep disturbance?
 8. Have you lost your appetite/weight?
 9. Do you feel that life is not worth living any more?
 10. Is there variation in your mood during the day?
- C. Exclude other causes:
- Alcohol abuse; cancer; thyroid disease; C.F.S./M.E.; other prescribed drugs, etc. (Consider use of screening tests.)
- D. If the responses suggest depression ask:
11. Have you thought about suicide / killing yourself / taking your own life / ending it all?
If yes:-
 - Do you intend to kill yourself (if no, what stops you)?
 - Have you planned how you would do it (if so, what stops you)?
 - Have you made any attempts (if so, what happened)?

APPENDIX 1.2

PROTOCOL FOR **MANAGING DEPRESSION** IN PRIMARY CARE

Severity guidelines

Mild:-	Moderate:-	Severe:-
- At least 2 from the first 3 assessment questions lasting 2 weeks or more, plus 2 others from questions 4 – 10. - No ideas, intentions, plans or previous attempts at suicide.	- At least 2 from the first 3 assessment questions, plus 2 others as for mild. - Yes to question 4 and / or 5. - Suicidal ideas and intentions may be present, but no plans or history.	- Most symptoms asked about (questions 1 – 10) present in severe form. - Or yes to number 5 and 9 in particular. - Suicidal ideas and intentions, past attempts, current plans.

Summary of management of depression in Primary Care.

Once diagnosis made: Give patient a simple explanation of their symptoms, stressing that there are a range of self-help and treatment options that are likely to be helpful.

Mild depression	1. In addition to a brief explanation of the symptoms in the session, consider the following: - explain rationale and encourage exercise (refer to gym at Garburn {Kendal} or community {Barrow}) - give self-help information (see resource pack) 2. Consider a member of the practice team (including the practice counsellor if there is one) offering a brief counselling intervention. 3. Treat any underlying physical illness. 4. arrange further appointment to review progress.
Moderate depression or mild depression that have not responded to interventions above, or are recurrent.	1. All steps as for mild depression above. 2. Consider referral to:- - P.C.M.H.T. (where available) for brief specialist intervention or for detailed assessment. - Or Psychology (for specialist talking therapy) - Or Psychiatry if not responding to medication (i.e. after 2 doses of anti-depressant medication given in adequate doses for long enough), or for clarification of diagnosis. 3. Arrange a follow up appointment and actively follow up if they do not attend. 4. Consider medication: see Drugs and Therapeutic Committee guidelines.

APPENDIX 1.2
PROTOCOL FOR MANAGING DEPRESSION IN PRIMARY CARE

Severe depression	1. In addition to a brief explanation of the symptoms in the session, consider the following:- - give self help information (see resource pack). - encourage exercise if appropriate, but it may be unrealistic as a starting point to do so at this stage. 2. Treat any underlying physical illness. 3. Arrange regular appointments, (at least until specialist services involved) and follow up urgently if they do not attend. 4. Refer to: Psychiatry and C.M.H.T. 5. Prescribe medication: see Drugs and Therapeutic Committee guidelines.
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APPENDIX 1.3 PROTOCOL FOR THE MANAGEMENT OF EATING DISORDERS IN PRIMARY CARE

(Adapted from “Eating Disorders: A Guide for primary care”
– Eating Disorders Association.)

People with eating disorders may not recognise they have a problem, or do recognise the problem but are ambivalent about asking for help. The purpose of this protocol is both to help primary care staff recognise and manage eating disorders, and to help patients to recognise, understand and manage their eating disorders.

Assessment of eating disorders in primary care.

A. Things that might alert you to an eating disorder

1. Individual may attend surgery complaining of:

- menstrual problems (irregular, delayed menarche, amenorrhoea, premenstrual syndrome, etc.)
- digestive problems (abdominal bloating and pain, indigestion, nausea, diarrhoea, constipation – including requests for laxatives).
- Difficulties sleeping or concentrating
- Food allergies
- Fluid retention
- Sore throat
- Generally feeling unwell, weak and tired
- Wanting to lose weight when normal weight and under-weight
- Psychosexual problems

2. You may observe the following:-

Anorexia Nervosa

- Weight loss
- excessive exercising
- wearing baggy clothes, feeling cold / poor circulation
- growth of downy hair all over the body

Bulimia Nervosa

- Sore throat and erosion of tooth enamel caused by vomiting
- “Hamster” cheeks (enlarged salivary glands from vomiting)
- Lethargy
- Dehydration, poor skin condition.

N.B. Men as well as women can have eating disorders.

B. Initial questions to ask

(“Yes” may suggest an eating disorder)

- Do you always want to eat less than other people in family or your friends?
- Do you have an intense interest in food and want to cook for others?
- Do you count calories?
- Are you worried about the shape of your body or your weight? (What is your ideal weight? Has your weight changed recently?)
- Do you like to eat alone?
- Do you like to do a lot of exercise?
- Do you try to disguise your shape by wearing baggy clothes?

APPENDIX 1.3 PROTOCOL FOR THE MANAGEMENT OF EATING DISORDERS IN PRIMARY CARE

C. Further questions to ask:-

- When was your last period?
- Do you ever vomit, use laxatives or diuretics? If so, how much and when?
- Do you ever binge? If so, how often and what do you eat?
- Have you noticed any weakness in your muscles? What about climbing the stairs?
- What is your sleep like?
- Have you fainted or had dizzy spells?

D. Investigations to consider

Blood chemistry: urea and electrolytes are usually sufficient unless there are other indications.

- Potassium <3.5 mmol/l – vomiting or laxative abuse
- Bicarbonate >30 mmol/l – vomiting
- Bicarbonate <18 mmol/l – laxative abuse

Blood count: may be helpful if low weight.

- Anaemia (Hb 9-12g/100ml – usually normochromic normocytic)
- White cell count 2-4 x 10⁹/l
- Platelet deficiency (rare)
- ESR normal

Urinary drug screen:

- Laxative abuse

Source: Myers S. Davies MP, Treasure (1993) A General Practitioner's Guide to Eating Disorders, Maudsley Practical Handbook Series No. 2.

E. Management of Eating Disorders in Primary Care

Suspected bulimia.

Non drug intervention: (For drug intervention, see over page)	1. Give a brief explanation of the diagnosis, and stress that there are effective measures that can help. Without scare – mongering, make sure they know that there are potentially serious long term physical risks associated with Bulimia, so it is important that they address it. 2. Give self-help information, especially e.g. Eating Disorders Association address, and self-help books. (Refer to resource pack for details). 3. Arrange a follow-up appointment with a member of primary care team. 4. Consider referral to:- - Psychology - Or P.C.M.H.T., where available. (For mild to moderate presentations, it may be sufficient initially to provide self-help information, and to follow up in primary care.)
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APPENDIX 1.3 PROTOCOL FOR THE MANAGEMENT OF EATING DISORDERS IN PRIMARY CARE

(Bulimia continued)

Drug interventions	1. Consider prescribing fluoxetine, gradually increasing to recommended dose of 60mg a day. (N.B. may be more appropriate to prescribe for a secondary problem, e.g. depression – see depression protocol.) 2. If patient does not benefit from prescribed medication(s) or self-help measures, and is resistant to talking therapy, refer to Psychiatry. 3. N.B. Appetite suppressants are not effective.
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Suspected Anorexia

Non drug interventions	1. Give a brief explanation of the diagnosis, and stress that there are effective measures that can help. Without scare – mongering, make sure they know that there are potentially serious long term physical risks associated with Anorexia, so it is important that they address it. 2. Give self-help information especially, e.g. Eating Disorders Association address, and self-help books. (Refer to resource pack for details). 3. Arrange a follow up appointment with a member of the primary care team, and actively follow up if they do not attend. 4. Refer to psychiatry if anorexia is severe, i.e. patient rapidly losing weight and seems at high risk of reaching a dangerously low weight. 5. Consider referring to:- - Psychology for specialist talking therapy - P.C.M.H.T. (where available) for brief intervention / clarification of diagnosis / advice.
Drug interventions	- Caution is needed in prescribing drugs for low weight individuals or children. If medication seems appropriate, consider phoning psychiatrist for advice, and referring to psychiatry. - Appetite stimulants are not effective.

N.B. Patients may deny having problems: in extreme circumstances assessment under the Mental Health Act is appropriate.

APPENDIX 1.4
PROTOCOL FOR THE
MANAGEMENT OF PSYCHOSIS
IN PRIMARY CARE

1. Keep the possibility of psychosis in mind when seeing young people with persistent changes in behaviour and functioning.

Look out for:-

- Changes in affect suspiciousness; depression; anxiety; mood swings; tension; irritability
- Changes in cognition Odd ideas, vagueness, concentration or recall problems
- Physical and perceptual changes: Sleep disturbances, appetite changes, somatic complaints, loss of energy or motivation; perceptual disturbance.
- Changes in: Perception of self, other people, the world.

If patient presents with these but picture is vague arrange to see again: important to assertively follow-up and assess further.

Further assessment will include:-

- Obtaining a family history.
- If possible and patient agrees get family perspective on changes

If significant concerns, but picture unclear, refer to:-

 P.C.M.H.T. (where available) for full assessment
or C.M.H.T.
and / or Psychiatrist

2. Patient may present with Positive symptoms:

- Delusions
- Hallucinations
- Incoherence
- Loosening of association
- Emotional turmoil

If these present:

- refer to C.M.H.T. and Psychiatrists.
- Phone psychiatrist for advice pending appointment if appropriate.
- Assess carer's needs (consider referral to Making Space for support).

APPENDIX 1.4
PROTOCOL FOR THE
MANAGEMENT OF PSYCHOSIS
IN PRIMARY CARE

3. Once client has been assessed by specialist mental health team, a detailed care plan will be drawn up. This will specify at least:-

- Name and role of care coordinator.
- Risk assessment
- Contingency for access out of hours
- Roles of the mental health workers involved in the care
- Responsibility for physical care and prescriptions.
- Arrangements for prescriptions.

NB. if practice nurse is to be responsible for depot neuroleptic medication ensure adequate training and support, and that patient's social care is not compromised. (RCN/Ded H 1995).

If patient fails to attend for depot, inform CMHT who will assertively follow up.

4. Broadly speaking **Primary care** are responsible for:

- a. arranging appointments once every 6 months.
- b. once a year the appointment should be used for full physical health assessment.
- c. being alert to mental state, secondary symptoms, & social care arrangements, and referring to secondary services as appropriate.

Secondary mental health services are responsible for:

- a. assessing mental state and suicide risk.
- b. medication review and advice to primary care re medication.
- c. extra-pyramidal side effects / tardive dyskinesia.
- d. assessing whether social care arrangements working.
- e. Review of care plan and contact with primary care.

5. Refer *back* to Psychiatry or C.M.H.T. (care plan should indicate appropriate contact point) if:

- recurrent psychotic symptoms / relapse
- intolerable side effects
- social care arrangements breaking down
- serious suicide risk
- risk of violence or neglect

6. Practice register should be maintained in primary care. Patient should be identified on practice register with: diagnosis, details of care programme, suicide risk, name of key worker.

7. See resource pack for self-help information relevant to patient and their family.

APPENDIX 1.5 PROTOCOL FOR THE MANAGEMENT OF SELF HARM IN PRIMARY CARE

Self Harm is an emotive issue. It is important to be aware that:-

- It does not automatically equate to suicidal intent
- It is not just about attention seeking
- It does indicate severe emotional distress past / present.

If you suspect self harm (because of visible cuts, bruises, burns, multiple attendance at Accident and Emergency or because of patients levels of disturbances etc.) ask:-

1. Do you ever deliberately hurt yourself? (If yes, go to 3, if no, go to 2 if still puzzled by presentation).
2. Perhaps you can tell me a bit more about how x (that injury) happened?. [If explanation reassures you don't pursue. If you still suspect self harm but patient's responses do not confirm this may be useful to ask questions from depression protocol. [NB it is possible for a client to self harm and not consciously be aware of it, typically if this is so there will be a broader picture of mental health problems].

If you know the patient is self harming, ask:-

3. When did the self harming start?
4. What do you do to hurt yourself?
5. How often do you do it?
6. Has the self harming got worse over time? {i.e. more frequent, and more severe, bigger overdoses, etc}.
7. Do you know why you do it?
8. Are you ever trying to kill yourself when you do it? (If no 9, if yes 10)
9. Do you think about killing yourself (If no 11, if yes 10).
10. Do you have a suicide plan and what stops you acting on the thought of killing yourself.
11. Is there anything that helps you self-harm less?
12. What else is going on in your life
 - hearing voices (in the head or outside it).
 - evidence of psychotic symptoms.
 - flashbacks
 - depressed
 - drug/alcohol use
 - eating disorder
 - relationship problems

APPENDIX 1.5
PROTOCOL FOR THE
MANAGEMENT OF SELF HARM
IN PRIMARY CARE

Management

1. Provide patient with relevant self-help information (see resource pack).
2. Referral
 - If self harm is not escalating or severe (i.e. life threatening) and appears to be a response to an identifiable psychological trigger/trauma, refer to P.C.M.H.T. or psychology (depending on local services).
 - If self harm is severe (i.e. life threatening or escalating) refer to psychiatry in first instance and P.C.M.H.T. where available or C.M.H.T.
 - If self harm appears to be part of an organic or depressive illness refer to psychiatry.

Subsequent Management

- If self harm is ongoing, specialist mental health services should discuss and agree with primary care the best management strategies for the particular patients if they present in primary care having recently self harmed.

APPENDIX 1.6 PROTOCOL FOR RESPONDING TO **DISCLOSURES OF SEXUAL ABUSE** IN PRIMARY CARE.

If client tells you of rape or abuse history say:-

1. I'm pleased you have felt able to tell me this. I imagine it has been a difficult thing to do. I want us to think now about what is the best thing I can do to help you with this.
2. Do you know what you want to do about what you have just told me. (If yes – action if appropriate).
3. Who else have you talked to about this? (If no-one go to 4, otherwise 5, unless person told was unreceptive).
4. Since you've not told anyone before it may take a while to sink in how you feel about having shared this with me. Let's talk about it a bit now, and let's meet again in a couple of weeks to see how you want to proceed then.
5. Discuss either at subsequent meeting or first meeting what they want:-
 - If assault was very recent discuss with them whether they: (a) have been to police and (b) if they want to arrange an examination for sexually transmitted diseases. (SCRAS report: Chlamydia common and often missed). If assault not very recent, postpone these discussions until later meeting. Put no pressure on to report the assault. However, if children at risk, appropriate action will be necessary (see below).
 - they may want to talk it through with you or another member of the primary care team more. (They may want your reassurance that they are not to blame).
 - if they want counselling and there is no evidence of a severe or wider mental health picture or of self harm / suicide risk – refer to SCRAS. If there is a significant mental health picture and risk factors refer to Psychology or Primary Care Mental Health Team where available.
 - if they want an advocate to support them going to the police or to court refer to SCRAS.
 - they may not want further input at all. Many people who have been raped or abused do not seek or need specialist input.
 - if they appear depressed or at risk from self harm / suicide, refer to relevant protocol.
6. If disclosure is of childhood abuse bear in mind the **need to assess potential risk to other children as a priority**, i.e. if abuser known to patient (not a stranger) ask if they know if they have access to other children. If yes discuss with patient how this risk can be minimised (e.g. if it is their children, preventing access) otherwise going to social services. But important to introduce these ideas at an appropriate pace:- pushing someone to go to social services before they are ready can backfire – they may deny allegations and withdraw from your help. It is a difficult balance, and well worth discussing with a colleague to get this balance right in any individual case. Ideally aim at enabling the patient to contact Social Services / Police as appropriate. But **if a risk to children that they are not going to act on, you are legally obliged to report it.**
7. Refer to resource pack for self help materials etc. to recommend.