

Hope Citadel Healthcare Counselling: Recommended Resource List (Revised)

Many of these are available on loan from your local library

Addiction		
Book / Kindle	Freedom from Addiction	Joe Griffin & Ivan Tyrrell
Alcohol		
Book / Kindle	Bottled Up (How to survive living with a problem drinker)	John McMahon & Lou Lewis
Book / Kindle	First Steps out of Problem Drinking	John McMahon
Anger		
Book	Overcoming Anger – when anger helps and when it hurts	Windy Dryden
Anxiety		
Book / Audio CD	Feel The Fear And Do It Anyway	Susan Jeffers
Book / Kindle	How to Master Anxiety	Joe Griffin
Free download	Guided Relaxation – Gerald Grow	itunes.apple.com
App	Relax with Andrew Johnson (lite)	App Store
App	Complete Relaxation (lite)	App Store
Bereavement		
Book / Kindle	A Grief Observed	C.S.Lewis
Book / Kindle	First Steps rough Bereavement	Sue Mayfield
Book / Kindle	Badgers parting Gifts	Susan Varley
Change		
Book & Audio CD	Who Moved My Cheese	Spencer Johnson
Depression		
Book / Kindle	Overcoming Depression - The Five Areas Approach	Chris Williams
Book / Kindle	How to lift depression Fast	Joe Griffin & Ivan Tyrrell
Eating Disorders		
Book /Kindle	Eating Disorders: The Path to Recovery	Dr Kate Middleton
Book /Kindle	Parents' Guide to Eating Disorders	Jane Smith
Family		
Resources/Books	Care For The Family, The Sixty Minute Series	www.careforthefamily.org.uk
Gambling		
Book / Kindle	First steps out of Problem Gambling	Lisa Ustok & Joanna Hughes
Health		
Book	The Feeling Good Handbook	David Burns
App	My Fitness Pal	App Store
App	NHS SelfCare	App Store
App	My Wellbeing	App Store
Website	Get Self Help (e.g. flashbacks, maintaining progress)	www.getselfhelp
Relationships		
Book / Kindle	Five Love Languages (for relationships, men's edition, singles, teenagers, children)	Gary Chapman
Download/Audio CD	Five Love Languages	App Store
App	Five Love Languages	App Store
Books	Relate Guides (e.g. Staying Together, Starting Again)	www.relate.org.uk or Amazon
Self Esteem		
Book	Self Esteem	Gael Lindenfield
Web	Low Self Esteem (Course)	www.overcoming.co.uk
Self-Harm		
Book / Kindle	Self-Harm: The Path to Recovery	Dr Kate Middleton
Book / Kindle	The Parent's Guide to Self Harm	Jane Smith
Sleep		
App	Visulax Sleep	App Store
MP3	Sleep Relaxation	www.howdidiyousleep.org
Book / Kindle	The Good Sleep Guide	Sammy Margo
Stress		
Book	Managing Stress - Teach Yourself	Looker & Gregson
Book	The Power of Doing Less	Fergus O'Connell

Multiple Resources	
<p>Leaflets and Audio</p> <p>www.ntw.nhs.uk/pic/selfhelp/ www.mhim.org.uk/resource_library.html Booklets (Download)</p> <p>OR</p> <p>App (free): search "NTW" in app store gives Video Introduction, Leaflet or Audio</p>	<p>Abuse Alcohol and You Anxiety Bereavement Controlling Anger Depression & Low Mood Domestic Violence Eating Disorders Food for Thought Health Anxiety</p> <p>Hearing Voices Obsessions & Compulsions Panic Post Traumatic Stress Postnatal Depression Self Harm Shyness and Social Anxiety Sleeping Problems Stress</p>
<p>Podcasts or Auto Guides</p> <p>www.nhs.uk/Conditions/stress-anxiety-depression/Pages/moodzone-mental-wellbeing-audio-guides.aspx</p>	<p>Low mood and depression Panic attacks Anxiety Anxiety control training Sleep problems Practical problem solving Low-confidence Unhelpful thinking</p>
<p>Online CBT (Cognitive Behaviour Therapy)</p> <p>LLTTF www.livinglifetothefull.com OR App (69p): search "Ten steps to Happy" in app store MoodGYM https://moodgym.anu.edu.au/welcome</p>	<p>Self-help life skills training package for those with mild to moderate depression and anxiety</p> <p>Learn cognitive behaviour therapy skills for preventing and coping with depression</p>
<p>Books (A4 Shorter Version) or Kindle</p> <p>www.overcoming.co.uk or Amazon (Purchase)</p>	<p>An Introduction to coping with.....</p> <ul style="list-style-type: none"> • Anxiety • Childhood Trauma • Depression • Eating Problems • Grief • Health Anxiety • Improving your Self-Esteem • Insomnia and Sleep Problems • OCD • Panic • Phobias • PTS • Stress <p>An Introduction to:</p> <ul style="list-style-type: none"> • Sensible Drinking
<p>Miscellaneous Help</p> <p>Debt and Mental Health www.moneysavingexpert.com/images/attachment/mentalhealthguide.pdf</p> <p>CAP (Christians Against Poverty) https://capuk.org enter postcode for local centre offering free debt counselling</p> <p>Consumer Credit Counselling Service (CCCS) www.cccs.co.uk Tel: 0800 138 1111</p> <p>Citizens Advice Bureau www.adviceguide.org.uk or visit your local CAB centre (listed in Yellow Pages, help with many matters)</p> <p>ACAS (Advisory, Conciliation and Arbitration Service) www.acas.org.uk (help with employment matters)</p>	