

## Self Help Resources    Workbooks & Online Courses

**Northumberland, Tyne and Wear NHS Foundation Trust** has produced self-help guides that cover a range of mental health issues, from the common problems of stress and sleeping problems to abuse and hearing voices.

[www.ntw.nhs.uk/pic/selfhelp/](http://www.ntw.nhs.uk/pic/selfhelp/)

**Centre for Clinical Interventions** workbooks and information on a range topics including assertiveness, depression, disordered eating, health anxiety, perfectionism, procrastination, sleep, social anxiety and worry.

[www.cci.health.wa.gov.au/resources/consumers.cfm](http://www.cci.health.wa.gov.au/resources/consumers.cfm)

**Moodjuice** has searchable resources to organizations and services, books, information leaflets, self-help guides and downloads on a specific mental health condition.

[www.moodjuice.scot.nhs.uk/](http://www.moodjuice.scot.nhs.uk/)