A guide to self-help resources for improved wellbeing

Contact details
This leaflet was created by the Living Life Well Programme.
For more information on the services we offer please contact the team on:
Phone/Text: 07967612246
or Email: living.lifewell@wales.nhs.uk

- Self Help Guides
- Computerised Cognitive Behavioural Therapy
- Useful websites
- Book Prescription Wales
- Useful telephone numbers
Living Life Well Programme

The Living Life Well Programme offers a range of local self help options throughout Bridgend, Neath Port Talbot and Swansea. Options available include taught courses such as Stress Control and ACTivate Your Life and workshops on a range of issues including the 5 Ways to Wellbeing. For more information please see contact information section on the reverse of this leaflet.

Self Help Guides
Self help guides can provide useful information and techniques about dealing with a wide range of issues such as anxiety, assertiveness, depression and sleep. A few choice websites have been selected below and many of the guides can be accessed in other formats such as audio, sign language and different languages.

- www.selfhelpguides.ntw.nhs.uk/abmu/
- www.moodjuice.scot.nhs.uk/
- www.signhealth.org

Computerised Cognitive Behavioural Therapy (CCBT)
Cognitive Behavioural Therapy (CBT) available in a computerised format which can be worked through at your own pace. CBT looks at the connection between thoughts, feelings, bodily sensations and behaviours to help people discover what may be maintaining the issues with their mood and learn ways to manage it more effectively.

- www.llttf.com
- www.moodgym.anu.edu.au

Other Useful Websites
- www.freemindfulness.org
- www.actionforhappiness.org
- www.mentalhealth.org.uk
- www.getselfhelp.co.uk
- www.rcpsych.ac.uk/expertadvice.aspx

Useful Telephone numbers
C.A.L.L
(Community Advice & Listening Line – Wales)
0800132737
Samaritans
08457909090
or freephone 116 123
NHS Direct Wales
08454647

Don’t have internet access?
You can access computers with the internet for free from your local library with low printing costs!

Book Prescription Wales
The book prescription Wales scheme created a list of recommended self help books on a range of issues such as bereavement, eating disorders, low self-esteem and trauma. The scheme allows a GP or associated health professional to prescribe a book available from your local library on a specific topic that may be a problem for you; alternatively you can usually access such books without the need for a prescription.