



Telford & Wrekin Books **on Prescription**

"The best effect of any book is that it excites the reader to self activity"

Thomas Carlyle



An addition and/or alternative to medication for emotional and relationship problems.



Accessed locally through the library services.



Books recommended by clinical psychologists.

A prescription for a recommended book is issued by the doctor or other health professional and can be exchanged for the book at Madeley and Stirchley libraries.

The doctor or professional will also make a follow up meeting with you to talk about how useful the book has been to you.

The prescription will indicate the length of time for which the book may be borrowed from the library. If you need the book for longer than this time, you will find the loan period can be extended. All the books in the scheme have been recommended by clinical psychologists.

Do I have to be a member of the library to use this service?

No, but if you are not a member, you will be asked to sign a membership form when you bring your prescription to the Library. You will then be given a free Library ticket which you can use to borrow others resources too.

Is the service confidential?

Once you have got your prescription, you can take it to the library or get someone else to take it for you. The library staff are professional and will treat you with respect. This means they will not divulge any information about who is borrowing a book or what the book is about.

What if the book is unavailable?

The libraries have multiple copies of the book that has been prescribed. If all copies are on loan to other readers, then the library will try to obtain another copy from another

branch – the library staff member will inform you about this.

Can books really help?

Yes, there is good evidence that books can help people who have emotional problems. Effectiveness often depends on how much effort the reader puts into following the guidance given by the book. Some books suit people in different ways. The discussions you have with other people, including your GP, about the book can also add to how much the ideas in the book can help.

What if the book doesn't help?

We know the books on the list often do prove useful, but they are not going to be effective for everyone. If you have really tried hard to use the book, but you find that your difficulty or distress persists, then you will need to return to your GP (or to make further contact with the professional who prescribed the book) so that you can have further advice.

What do I do next?

- 1.** Talk to your GP or practice nurse and ask to see the Books on Prescription (BoP) booklet. This tells you more about the books.
- 2.** Log on to www.shropsych.org/bop.htm to view the booklet online.
- 3.** Decide on a book with your G.P./health professional.
- 4.** Take the prescription to Madeley or Stirchley library to borrow your chosen book.
- 5.** Arrange a follow up meeting with your G.P./health professional.