



Manchester
Primary Care Trust



Manchester Public Health Development Service

looking forwards...

Options to support recovery from mental health problems
A resource for you and your health professional

why this booklet is recommended

This booklet is a guide to what is available in Manchester to support your mental health and help with common mental health problems such as depression and anxiety. It offers a range of options that can be used alone or in combination with other treatments provided by your GP.

Many of the options are proven to be effective in the management of mental health problems and have been recommended by people who have personal experience of living with problems such as depression or anxiety.

Throughout the booklet you will see some references to 'NICE'. This is the National Institute for Health and Clinical Excellence. NICE is an independent NHS organisation responsible for providing health professionals with guidance about what works in health treatment.

Where you see the term '*NICE recommends*' in this booklet, you and your health professional can be assured that the treatment it describes is valid and has evidence that it works.

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reading your way back to health

Bibliotherapy

Bibliotherapy is the use of books and written material to help people understand and manage their psychological problems.

Some books are designed as 'workbooks' written by health professionals, using the same principles as some talking therapies that a mental health worker would use. Other books are designed to give you more information about a condition or to provide motivation and inspiration.

Overleaf you'll find a list of self-help books recommended by mental health professionals in Manchester to help you to cope with feelings of distress or find the support you need. You can borrow them for free from your local library.

NICE recommends...

Bibliotherapy as a treatment for anxiety



Health information in your local library

All Manchester's local libraries now have a range of information about mental health and wellbeing at the Health Information Point. The collection includes books, audio cassettes, CDs, leaflets, translated information and information about local services that could help.

Here are just some of the titles available that have been recommended by Manchester Primary Care Mental Health Teams:

**Overcoming Depression:
A 5 Areas Approach**
by Chris Williams

Overcoming anger and irritability
by W Davies

Overcoming anxiety
by H Kennerley

Overcoming low self esteem
by M Fennell

Overcoming panic
by D Silove

**Mind Over Mood: Cognitive Treatment
Therapy Manual for Clients**
by Dennis Greenberger & Christine Padesky

The Relate Guide to Better Relationships
by Sarah Litvinoff

Loneliness Workbook
by M Copeland

Feel the Fear and Do it Anyway
by Susan Jeffers
(audio version also available)

Self help booklets about a range of conditions including some in translation can be downloaded from www.mphds.org (in the mental health section)

To find your nearest library visit
www.manchester.gov.uk/libraries

To find the Health Information Point in your library look for the apple symbol



active body, healthy mind

How physical activity benefits your mental health

It can release the 'feel good' chemicals in your brain which make us feel happy. It also has wider benefits, improving the way we look and feel about ourselves. It also involves learning new skills and achieving goals which increases our self esteem. Taking part in physical activity can involve meeting new people and making new friends, gives structure to the day and can improve our sleep.

Remember that even if you haven't done any activity for ages, even a little bit will have a strong effect. Start small and build yourself up. All sorts of activities such as gardening, walking, dancing or housework can have benefits. For a more structured and supported programme of exercise refer to the contacts over the page.

The Physical Activity & Mood self help guide can be downloaded from www.mphds.org (in the mental health section).

NICE recommends...

a structured programme of exercise consisting of 3 sessions per week (45 minutes – 1 hour duration each) for 10 – 12 weeks, as having benefits in the treatment of mild depression and in reducing the symptoms of stress and anxiety.



Exercise referral schemes

Each area of Manchester has its own exercise referral scheme. They offer an assessment of your medical health and physical activity history, provide support for you to become active in a safe and supported environment and a range of physical activity including swimming, walking, Tai Chi and fitness centre workouts.

North Manchester

PACE Team (Physical Activity and Community Exercise): 0161 681 0940

Central Manchester

ALFA (Active Life for All): 0161 833 4434

South Manchester

SMILE (South Manchester Improving Lifestyle Through Exercise): Ask your GP to refer you.

There are lots of other opportunities to get more active where you live. Visit your local library for information about what's going on in your area. It doesn't have to cost anything, walking, gardening and housework all count. Visit www.gettingmanchestermoving.org for more information.

See your GP before exercising if you are on medication or have a medical condition.



mental health online

Computerised Cognitive Behavioural Therapy

Cognitive Behavioural Therapy (CBT) is a 'talking treatment' used in treating problems like anxiety and depression. It involves a way of talking about how you think about yourself, the world and other people and how what you do affects your thoughts and feelings. CBT can involve talking directly to a mental health practitioner or using self help books based on CBT. There is also now a special CBT course that you can work through on the computer with the support of a facilitator which has been proven to be effective in helping people manage the symptoms of depression.

You can access the computerised CBT package 'Beating the Blues' free of charge at various locations across Manchester. It's easy to use, confidential and you don't need any experience using computers.

You will have 8 weekly sessions that you can work through at your own pace. Information about where you can use it is over the page.

NICE recommends...

'Beating the Blues,' a computerised cognitive behavioural therapy package for managing mild and moderate depression.



Beating the Blues is available at:

North Manchester

Mancat. East City Library

Ashton Old Road, Openshaw, M11 2WH: Call 0161 232 7854 for more information and an application form or email: ccbts@selfhelpservices.org.uk

Central Manchester

The Zion Community Resource Centre.

339 Stretford Road, Hulme, M15 4ZY:
Call 0161 232 7854 for more information and an application form, or email, ccbts@selfhelpservices.org.uk

South Manchester

Contact Self Help Services on 0161 232 7854 to find out which service is nearest to you, or visit the website www.selfhelpservices.org.uk

You can also access similar online CCBT packages free of charge on the internet. Two are recommended:

www.livinglifetothefull.com

an online course written by a psychiatrist based on cognitive behaviour therapy techniques to help you overcome stress, low mood and worry.

www.moodgym.anu.edu.au

an online course helping you to overcome problems and cope better.

Free internet access is available at your local library!



getting a cultural perspective

Mental health information for black and minority ethnic communities

How we understand our mental health and our responses to treating mental health problems vary greatly across different cultures. These cultural understandings often differ from the medical view of mental health generally held in Western society. There are organisations that offer culturally sensitive services, catering specifically for the mental health needs of our cultures and communities.

What do NHS services provide to support black and minority ethnic communities to access services?

- Language line
- Interpreters
- Linkworkers

Let the surgery know in advance if you need an interpreter to attend your appointment with you.



Specialist organisations

The NHS will provide interpreters to help you use their services, but if you prefer to speak to a specialist organisation, then many are available in Manchester. Often they provide a range of services, accessible in many community languages.

Find listings of these services at your local library or on the internet. Free internet access is available at your local library:

www.thescarmantrustmanchester.org/directory

A comprehensive listing of organisations providing specialist support to meet the needs of black and minority ethnic groups.

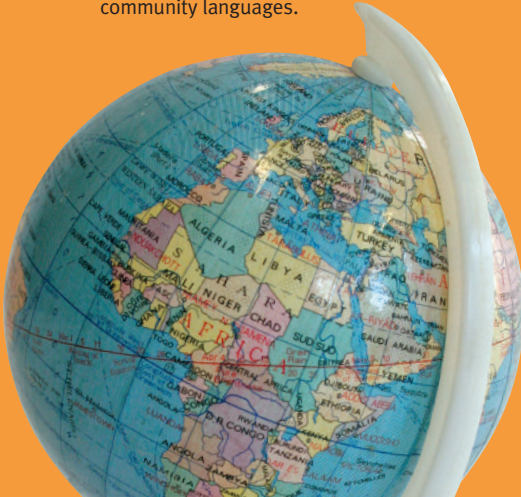
www.mentalhealthinmanchester.org.uk

A portal website providing links to information about mental health problems and links to support services for black and minority ethnic communities.

Good information about mental health problems, translated into a range of community languages can also be downloaded from the internet:

www.multikulti.org.uk

for translated information about mental health problems.



voluntary organisations

Information and Support from the Voluntary and Community Sector

In Manchester there are a large number of voluntary and community sector organisations (such as charities) that provide services. Some of these are mental health specialists providing counselling and self-help groups. Others offer a wider range of services that are also important to good mental health, such as housing advice.

Many offer the opportunity to increase your social networks, meet new people, take up new interests or learn new skills. It is important to have people to talk to and to avoid isolating yourself.

Some of these organisations receive funding from the NHS and have been providing services to people in Manchester for many

years. There is information on the reverse of this card that may help.

Your GP will not necessarily know about all of the organisations available and may not be able to recommend a particular service. However, you can always take some time to find out about these organisations yourself, and explore whether there is a service available that meets your needs.



where to find the voluntary organisations

For a free copy of the 'Help!' Directory of mental health services in Manchester telephone Mind on 0161 272 8205.

There are directories of organisations available on the internet. Try the following websites, or alternatively visit your local library to find out about services, groups and activities available in your local area.

www.mentalhealthinmanchester.org.uk

A portal website providing links to information about mental health problems and links to support services in your area.

www.thescarmantrustmanchester.org/directory

A comprehensive listing of organisations providing information and support for health, education, housing, Black and minority ethnic groups, drugs and alcohol and many others.

www.mhdirectory.org.uk

An online directory provided by Mind in Manchester.

www.selfhelpservices.org.uk

For information about a range of self help groups throughout Manchester offering a chance to meet others who have been through similar experiences. Self help groups are an excellent way of meeting others and relieving the isolation we sometimes feel.

www.manchester.gov.uk

The City Council has a comprehensive listing of groups and societies on its website. Type 'local groups' into the search box on this website to access information about what's going on in your area. Free internet access is available at your local library!

top tips

other things that can help

It's important to look after and protect our mental health, just like our physical health. There are lots of other things that you can do to support your emotional health and wellbeing – find out what works for you...

- Talk about your feelings or worries with someone. A problem shared is a problem halved.
- Eat a well balanced diet. Eating well not only benefits us physically, but mentally as well. Eat plenty of fruit and vegetables and drink more water!
- If you drink alcohol, drink sensibly. Alcohol is a depressant, too much can affect our mood.
- Do something creative. Learning new skills and doing something we enjoy boosts confidence. Drawing, photography, gardening, music, cooking – it's up to you.



more top tips

- Relax. Too much stress is harmful. Remove or address pressures in your life and learn to make time for relaxation.
- Sleep well. Not enough sleep reduces our ability to manage stress and deal with life.
- Keep in touch with friends and family. Regular social contact with others makes us feel connected.
- Get involved. Making a contribution to your community gives us a sense of purpose and something to get out of the house for.
- Ask for help if you need it. Seek help early for any problems that are worrying you.



sort out the practicalities

It's important to pay attention to those areas of our lives that may be causing us stress and worry. Getting help to sort out problems with things like housing, money and work for example, will instantly relieve the strain and leave you free to focus on your mental health needs. Here are some contacts that may help:

Manchester Advice: 0161 234 5600.

This is the City Council's free and confidential information service for Manchester residents, covering benefits, housing, debt, council services and advice in different languages.

Citizens Advice Bureau:

offers free, confidential and impartial advice on a range of subjects including debt and welfare rights.

Look in the phone book for your nearest branch, or find it online at www.manchestercab.org.uk



some useful numbers

- NHS Direct **0845 46 47**
24 hours every day
- Samaritans **0845 790 9090**
24 hours every day
- Sane Line: **0845 767 8000**
6 pm – 11 pm every day

For a range of local self help groups and services, contact Self Help Services on:

0844 477 9971 or visit
www.selfhelpservices.org.uk

For information and advice about anxiety, panic and phobia problems, contact the National Phobics Society on:

08444 775 744 or visit
www.phobics-society.org.uk

Visit your local library Health Information Point for information about mental health.

For easy access to a range of websites about mental health and local services try
www.mentalhealthinmanchester.org.uk

