

## Useful resources for stress, anxiety and depression

'At last a life' by Paul David – by someone who has overcome anxiety. He also has a website - [www.anxietynomore.co.uk](http://www.anxietynomore.co.uk)

'Anxiety for beginners. A Personal Investigation' by Eleanor Morgan. Written by a journalist, about her experience of overcoming anxiety from a young age.

Centre for Clinical Interventions (CCI) - [www.cci.health.wa.gov.au/](http://www.cci.health.wa.gov.au/) - Based in Western Australia and conducting clinically applied psychosocial research. Features online self-help modules for adults suffering from anxiety, mood, eating disorder and other common mental health issues

Depression - Depression Alliance [www.mind.org.uk](http://www.mind.org.uk) Lots of information about depression

Depression depiction on You Tube - <http://www.upworthy.com/what-is-depression-let-this-animation-with-a-dog-shed-light-on-it?g=2&c=ufb1>

Drugs and alcohol – [www.talktofrank.com](http://www.talktofrank.com) – confidential helpline and information site for everyone concerned about drug use.

Eat well plate can be found with other useful info at:  
<http://www.nhs.uk/Livewell/Goodfood/Pages/eatwell-plate.aspx>

Exercise and mental health that you can print -  
<http://www.rcpsych.ac.uk/healthadvice/treatmentwellbeing/physicalactivity.aspx>

Get self help – [www.get.gg](http://www.get.gg) – CBT for a range of issues. Self help info worksheets and handouts

Increasing Access to Psychological Therapies - Let's Talk - [www.talk2gether.nhs.uk](http://www.talk2gether.nhs.uk) – Information about anxiety, depression. Includes books for self help, courses that they offer and assessment questionnaires.

Living Life To The Full – [www.lltff.com](http://www.lltff.com) – a site written by a psychiatrist using CBT for a range of mental health difficulties

MoodGYM -<https://moodgym.anu.edu.au/welcome> - A free self help program to teach cognitive behaviour therapy skills to people vulnerable to depression and anxiety.

'The Chimp Paradox' by Dr Steve Peters – This book is written by a Consultant Psychiatrist who, as well as his role at the University of Sheffield, has also coached athletes at the highest level in cycling, snooker and football.

Peters offers a model for people to understand how the mind works in order to develop an individual's potential confidence, success and happiness. This has been used very successfully by high profile athletes, such as Sir Chris Hoy and Bradley Wiggins, but is aimed at anyone seeking to achieve potential in these areas for wellbeing.

The model he offers is clearly laid out and full of useful practical exercises for the reader to make understandable that which has often left them upset, confused and frustrated.

Download our pdf summary [here](#).

## Mindfulness

Head Space – download a free App for 10 lots of mindfulness exercises each lasting 10 minutes. More can be downloaded at a cost.

Also on You tube & books by – Jon Kabatt-Zinn, especially his visit to the organisation called Google or Dan Siegel (especially 'flipping your lid')

### Books:

The Compassionate Mind by Paul Gilbert – the neuroscience and exercises for mindfulness/using a compassionate approach

Mindsight by Dan Siegel – the neuroscience and case studies using the latest evidence of neuroplasticity

Mindfulness for dummies - available as part of the 'dummies' range of books

Mindfulness: A practical guide to finding peace in a frantic world by Prof Mark Williams and Dr Danny Penman

8 'tracks' from Mark Williams about mindfulness that are free of charge, posted by the author at:

<http://rodalebooks.s3.amazonaws.com/mindfulness/index.html>

### Self harm:

'Stopping The Pain: A Workbook for Teens Who Cut and Self-Injure: A Workbook for Teens Who Self-injure (Teen Instant Help)' (2008) by Lawrence Shapiro

'The Parent's Guide to Self Harm: What Parents Need to Know' (2012) by Jane Smith

Sleep hygiene - <http://www.patient.co.uk/health/insomnia-poor-sleep>

Students site for depression – [www.studentdepression.org](http://www.studentdepression.org)

Samaritans - telephone support in at any time in a crisis [www.samaritans.org.uk](http://www.samaritans.org.uk)