Mental Health Resources
Available from Mid Yorks staff library

- Life After Darkness
  - A doctor’s journey through severe depression
  - Dr Cathy Weid
- Mindfulness in Plain English
  - Bhante Gunaratana
- The Complete CBT Guide for Anxiety
  - A self-help guide for anxiety, panic, social anxiety, phobias, health anxiety and obsessive compulsive disorder
  - An OVERCOMING publication
  - Ed Halliwell
- Mindfulness Made Easy
  - Learn How to be Present and Kind — to Yourself and Others
  - Ed Halliwell
- This Book Could Help
  - The Men’s Head Space Manual
  - Rotimi Akinsele
- The Recovery Letters
  - Addressed to People Experiencing Depression
  - Jon Kabat-Zinn
- Mindfulness for All
  - The Wisdom to Transform the World
  - Jon Kabat-Zinn

mind.org.uk/
mentalhealth.org.uk

Tel: 01924 543899
Email: library.pgh@midyorks.nhs.uk
Tweet us @midyorkslibrary
Facebook: facebook.com/midyorksnhslibrary

Our catalogue: http://midyorks.nhslibraries.com

Striving for excellence
An Associated Teaching Trust
Common Mental Health Problems

Approximately 1 in 4 people in the UK will experience a mental health problem each year.


In England, 1 in 6 people report experiencing a common mental health problem (such as anxiety and depression) in any given week.

What are the common mental health problems?

Generalised anxiety disorder - 5.9 in 100 people
Depression - 3.3 in 100 people
Phobias - 2.4 in 100 people
OCD - 1.3 in 100 people
Panic disorder - 0.6 in 100 people
Post traumatic stress disorder (PTSD) - 4.4 in 100 people
Mixed anxiety and depression - 7.8 in 100 people


Tel: 01924 543899
Email: library.pgh@midyorks.nhs.uk
Tweet us @midyorkslibrary
Facebook: facebook.com/midyorksnhslibrary

Our catalogue: http://midyorks.nhslibraries.com

Striving for excellence