

“NO FEARS NO TEARS”

MENTAL HEALTH INFORMATION IN LIBRARIES COLLECTION

For the Beacons area (Beswick , Bradford, Clayton and Openshaw)

What the “No Fears No Tears” collection is

The collection includes:

- Self help books to borrow on mental health related issues.** A few items are reference only, e.g., the Mind-in-Manchester directory.

The collection includes books for adults and some for young people and children.

- Information sheets** on different problems, how people can support themselves through self-help, local and national support agencies, including those with a mental health component. Copies are available for people to take away.
- Mental health websites list** to help people find relevant information with ease. This list is on the opening page to the Internet when people use the library computers. Customers are able to print off mental health information from the Internet free of charge.

What topics are included in “No Fears No Tears”

There are a variety of topic areas and issues/factors that impact on mental health. Examples are: finding practical ways to move forward, building positivity and self confidence, building self esteem, improving sleep, improving economically, dealing with stress, taking steps to improve the quality of their lives, improving relationships, dealing with fear, anger management, success stories, coping with specific problems like loneliness, social phobia, autism, ADHD, dementia, bereavement, eating disorders, bullying, suicide, obsessive compulsive disorder, panic attacks, schizophrenia, depression, violence/abuse, etc.

Who “No Fears No Tears” is aimed at

The resources are permanent items for local people in Beswick, Bradford, Clayton and Openshaw to borrow and cannot be borrowed by users from other areas.

What the purpose of “No Fears No Tears” is

- ❖ The purpose of the collection is to make available mental health related information in the libraries in Beswick and Clayton in order that the public:
 - Have easy access to information.
 - Can make use of the information to help themselves move forward positively through personal difficulties and mental distress.

This collection is one way of tackling poor mental health in the Beswick area. The collection supports the national and local agenda for improving and promoting mental health, e.g., various National Service Frameworks (for Mental Health, for Older People, for Children), the Mental Health Information Strategy and the local Manchester Health Promotion Strategy. Access to information will also support social inclusion.

- ❖ The collection is focussed mainly on common mental health problems.
- ❖ Libraries are one gateway to accessing mental health information. They have the advantage of being places of neutrality where individuals can come and go without generally being judged.

- ❖ Many self help books have been shown to be very useful in helping people to overcome a range of emotional and psychological problems. The use of books as a means of providing psychological therapy is known as “bibliotherapy”.
- ❖ “No Fears No Tears” will complement other initiatives in the local area that are encouraging improvements in mental health and self help, e.g., The Feel Good Factor and the Primary Care Mental Health “supported self help clinics”.

Partners involved in establishing “No Fears No Tears”

The service has arisen through a partnership between Manchester Public Health Development Service, Step Ahead (an employment initiative), Manchester Libraries and Mind in Manchester. This partnership included members of the Beacons Adult Mental Health Group.

Funding was from New Deal for Communities and North Manchester Primary Care Trust.

What topics should be part of the collection

Statutory and voluntary agencies and individuals were contacted to find out what resources they would recommend given that there are thousands of self help books available. These included the North Manchester Primary Care Mental Health Team, The Psychology and Counselling Services Directorate which has set up the Cardiff Book Prescription Scheme, the Recovery project, Dr Karina Lovell of Manchester University, 42nd Street, Mind in Manchester, the Basement Project in Abergavenny. General Practitioners were also asked for their input.

Mental health awareness training for library staff

Two sessions were delivered to empower and build the capacity of library staff about mental health issues as part of providing this new service. This was through:

- Raising awareness about mental health, including their own.
- Exploring ways of responding positively and appropriately to any individual experiencing difficulties and recognising their current abilities.
- Becoming familiar with useful websites and local support to support people looking for information.

How you can help in publicising “No Fears No Tears”

Bookmarks have been produced to publicise the availability of this collection. They give useful helplines, local websites and contacts for local support. Please take these to give out.

Contact for further information

If you would like further information please contact Shamin Malik, Public Health Development Advisor (Mental Health), on 0161 882 2309, or E-mail shamin.malik@northpct.manchester.nwest.nhs.uk or at Manchester Public Health Development Service, 3rd Floor, Mauldeth House, Mauldeth Road West, Chorlton, Manchester, M21 7RL.

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