

# Order Form

## Mental Health Self Help Guides in English

**Please provide me with the following supply:**

Title	Number Required
<input type="checkbox"/> Depression and Low Mood	.....
<input type="checkbox"/> Panic	.....
<input type="checkbox"/> Stress and Anxiety	.....
<input type="checkbox"/> Controlling Anger	.....
<input type="checkbox"/> Shyness and Social Anxiety	.....
<input type="checkbox"/> Sleep Problems	.....
<input type="checkbox"/> Bereavement	.....
<input type="checkbox"/> Post Traumatic Stress	.....
<input type="checkbox"/> Obsessions and Compulsions	.....
<input type="checkbox"/> Food and Mood	.....
<input type="checkbox"/> Post Natal Depression - A Self Help Guide	.....
<input type="checkbox"/> What is Post Natal Depression? (an info leaflet)	.....
<input type="checkbox"/> Do something Creative,it's good for your mental health!	.....
<input type="checkbox"/> Physical Activity & Mental Health "Lets get Moving"	.....
<input type="checkbox"/> Older Minds Matter	.....
<input type="checkbox"/> Understanding Voices & Disturbing Beliefs	.....

**Please return to Douglas Inchbold at Manchester Public Health Development Service, Victoria Mill, Lower Vickers Street, Miles Platting, Manchester M40 7LJ. Tel: 0161 861 2900 Fax: 0161 203 5817**

Please let us know the following:

- Would you be interested to provide information to evaluate further the use of these booklets?      Yes.....      No.....

**Name..... Tel No.....**

**Address.....**