

## Health Information Leaflets

Leaflets covering a range of mental health problems are available free of charge from NHS Lanarkshire's Health Improvement Library as part of the Lanarkshire Healthy Reading Programme.

If you would like a leaflet, please choose from the selection on the back of this postcard. Request your leaflet(s) by phoning or emailing the Health Improvement Library or alternatively, complete your contact details and send this postcard to the Health Improvement Library. We will send the leaflet to the address you provide.

**Address:** Health Improvement Library, Law House,  
Airdrie Road, Carluke ML8 5ER

**Email:** [Libraries@lanarkshire.scot.nhs.uk](mailto:Libraries@lanarkshire.scot.nhs.uk)

**Telephone:** 01698 377600

Alternatively, please tell the member of staff who helped you which leaflets you would like, and they will order them on your behalf.

All requests for information are treated in strict confidence.

Your contact details for sending the leaflet to:

Name:

Address:

Postcode:

## Leaflets for children (tick box)

- Cools Heads Central
- R U Worried
- R U Sad
- R U Friends
- When Someone Dies
- Family Break Ups
- My name is Pete  
(dealing with psychosis)
- My name is Jess  
(dealing with anger)
- My name is Chris  
(dealing with anorexia  
and bulimia)
- My name is Zac  
(dealing with bereavement)

## Leaflets for adults (tick box)

- Talking about Stress
- Talking about Phobias
- Talking about Postnatal  
Depression
- Talking about Schizophrenia
- Talking about Self Harm
- Talking about Depression
- Talking about Eating Disorders
- Talking about Bipolar Disorder
- Talking about ADHD
- Talking about Personality  
Disorders
- Talking about Anxiety  
Disorders
- Talking about Bereavement
- Stress – A Self Help Guide
- Steps for Stress
- Mind to Listen (CD)
- Depression – Information  
for Patients
- Worried about your Memory?
- Understanding Dementia –  
A Guide for Young Carers
- Coping with Dementia –  
Carers Handbook
- Coping with Dementia (DVD)
- Thinking about Suicide?  
Don't Hide it, Talk about it.
- After a Suicide

Visit Elament for further information on mental health and wellbeing: [www.elament.org.uk](http://www.elament.org.uk)

### Useful telephone numbers:

Breathing Space  
0800 838587

Samaritans  
08457 909090

Parentline  
0808 800 2222

Childline  
0800 1111

National Debt Line  
0808 808 4000

Well Informed  
0800 073 0918