

Self Help Leaflets Northumberland Tyne And Wear Nhs

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6 Why do people want to stop self-harming? Many people who self-harm want to stop. These are some of the reasons that they give. "It hurts sometimes". "When my wounds become infected they are really painful". "Trying to escape things by giving yourself scars only reminds you of the things you are trying to escape".

Self Help Leaflets Northumberland Tyne and Wear NHS Foundation Trust Our self help guides are available to download in several formats

Information available on Abuse Alcohol Anxiety Bereavement Controlling Anger Depression Domestic Violence Eating Disorders Hearing Voices Obsessions and Compulsions Panic Post Traumatic Stress Postnatal Depression Self Harm Shyness Social Anxiety Sleeping Problems and Stress

An NHS self help guide Northumberland Tyne and Wear NHS Foundation Trust about anxiety and aims to help you to

- 1 Recognise whether or not you may be suffering from symptoms of anxiety
- 2 Understand what anxiety is what can cause it and what can keep it going
- 3 Overcome your anxiety by learning better ways of coping with it

What is anxiety Anxiety is something we all experience from time to time

A self help guide Clinical Psychologists Newcastle upon Tyne Hospitals NHS Foundation Trust Gail Young GP and Counsellor Maureen Leyland Counselling Manager and Counselling Psychologist

Many thanks to voluntary sector groups service users and healthcare staff in Northumberland Tyne and Wear who have contributed to the review of this guide

Bereavement Self Help Guides Northumberland Tyne and Wear NHS Foundation Trust has developed this resource with the support of NHS healthcare staff service users and local voluntary sector groups in Northumberland Tyne and Wear

Page Who is this booklet for

- 2 Coping with bereavement grief and certain loss
- 3 4 What practical things need to be done if there is a death
- 5 6 © Northumberland Tyne and Wear NHS Trust

A Self Help Guide Revised January 2002

Time for Talking Helping to create better work and working lives help too

If you feel you may need professional help talk to your GP who might be able to provide this or who may refer you on to someone else who can

Some useful organisations and help lines are

CRUSE Bereavement Line help line for bereaved people and those caring for bereaved people telephone 0870 1671677

Mind Infoline 08457 660163

NHS Shetland Psychological Services

Self Help Materials

The following provides links to a variety of self help materials provided by Northumberland Tyne and Wear NHS Foundation Trust

<https://web.ntw.nhs.uk/selfhelp>

The following self help leaflets may also be used in the local NHS service

Anxiety Management

Dealing with Panic Attacks

Managing Stress

A self help guide NHS

A self help guide Shining a light on the future

- 2 "I am always at the doctor's surgery That is because I often worry about having something wrong with me

Last week it was tingling in my hands and arms I thought it was the first sign of something like M S

The doctor did

Resource Library Northumberland Tyne and Wear NHS Foundation Trust

Search our resources library for self help guides patient information leaflets and mental health and wellbeing resources that you may find useful

Skip to Navigation

Northumberland Tyne and Wear NHS Foundation Trust Counselling Service

Self Help Durham University NHS Guide

Self Help Guides produced by Northumberland Tyne and Wear NHS Foundation Trust

The Guides provide suggestions for simple ways in which you can begin to make positive changes

Please follow this link to the access the NHS Self Help Guides

<https://web.ntw.nhs.uk/selfhelp>

Other Resources

The National Association for People Abused

Self Help Resources

Talking Therapies

Exam time can be stressful and as part of Mental Health

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Awareness Week Talking Therapies have produced a guide for students to help them manage their exam stress effectively Online Resources Self Help Guides Self help guides produced by Northumberland Tyne and Wear NHS foundation Trust titles cover a range of mental health issues Self Help Newcastle upon Tyne Northumbria University and Northumberland Tyne and Wear NHS provide excellent self help leaflets on eating disorders and other issues The leaflets are also available to download as audio files as well as other formats

SELF HELP LEAFLETS NORTHUMBERLAND TYNE AND WEAR NHS

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