





-  Theodosiou, L. et al. (2019) *Children and young people's mental health: early intervention, ongoing support and flexible evidence-based care*. 2nd edn. Pavilion Publishing and Media. **WS700 (Warneford, Whiteleaf)**
-  Thomas, R. (2021) *How to promote wellbeing: practical steps for healthcare practitioners' mental health*. Chichester: John Wiley and Sons.
-  White, J. (2017) *Stress control: a mind, body, life approach to boosting your well-being*. London: Robinson. **WLM228 Wellbeing Collection (Littlemore, Warneford, Whiteleaf)**
-  Williams, C. (2018) *Living life to the full: key life skills to change your life*. Five Areas. **WM505 Wellbeing Collection (Littlemore, Warneford, Whiteleaf)**

Additional Resources

-  Campaign to End Loneliness: <https://www.campaigntoendloneliness.org/>
-  Mental Health Foundation publications: <https://www.mentalhealth.org.uk/publications>
-  Mental Health UK: <https://mentalhealth-uk.org/>
-  MIND Information and Support: <https://www.mind.org.uk/information-support/>
-  Reading Well for Mental Health: <https://reading-well.org.uk/books/books-on-prescription/mental-health>

Search for all resources via the NHS Knowledge & Library Hub:

<https://library.nhs.uk/knowledgehub/>

Search for books and journals by title or subject via the SWIMS library catalogue at: www.swims.nhs.uk

Login to MyAthens at: <https://www.openathens.net/> to view and access a full range of resources.

Search Oxford Health Research & Knowledge Archive (ORKA) - <https://oxfordhealth-nhs.archive.knowledgegearc.net/> for publications by Oxford Health staff.



Mental Health & Wellbeing

Selected titles available in
Oxford Health Libraries and other libraries
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View a full list of books available via the library catalogue at:

swims.inforlib.uk/iguana/www.main.cls?url=HEE

NHS OpenAthens login required for Electronic Books.

This guide is not intended to be a comprehensive list.

Books, Reports and Journal Articles

-  Abel, J. & Clarke, L. (2020) *The compassion project: a case for hope and humankindness from the town that beat loneliness*. London: Octopus.
-  Allen, R. (2021) *Grounded: how connection with nature can improve our mental and physical wellbeing*. London: Mortimer Books.
-  Barker, S. (2021) *Burnt out: the exhausted person's six-step guide to thriving in a fast-paced world*. London: Aster.
-  Battye, A. (2022) *Self-care for allied health professionals: from surviving to thriving*. London: Routledge.
-  Betton, V. & Woollard, J. (2018) *Teen mental health in an online world: supporting young people around their use of social media, apps, gaming, texting and the rest*. London: Jessica Kingsley. **WS850 (Warneford)**
-  Browne, J. & Buchanan, C. (2019) *Understanding teenage anxiety: a parent's guide to improving your teen's mental health*. New York, NY: Skyhorse Publishing. **Electronic Book**
-  Butler, G., Grey, N. & Hope, T. (2018) *Manage your mind: the mental fitness guide*. Oxford: Oxford University Press. **WLM305 Wellbeing Collection (Littlemore, Warneford, Whiteleaf)**
-  Dynes, R. (2017) *Positive communication: activities to reduce isolation and improve the wellbeing of older adults*. London: Jessica Kingsley. **WT120 (Warneford)**
-  Eastham, C. (2017) *We're all mad here: the no-nonsense guide to living with social anxiety*. London: Jessica Kingsley. **WLM228 Wellbeing Collection (Littlemore, Warneford, Whiteleaf)**
-  Gordon, B. (2021) *No such thing as normal*. London: Headline.
-  Hards, E. et al. (2022) Loneliness and mental health in children and adolescents with pre-existing mental health problems: A rapid systematic review. *British Journal of Clinical Psychology*, 61(2), pp.313-334.
-  Hardy, S. (2021) *Mental health and wellbeing: a guide for nurses and healthcare professionals working with adults in primary care*. Keswick: M and K Publishing. **WM35 (Warneford)**
-  Hasson, G. & Butler, D. (2020) *Mental health and wellbeing in the workplace: a practical guide for employers and employees*. Chichester: Capstone. **Electronic Book**
-  Jones, D., Jopling, K. & Kharicha, K. (2021) *Loneliness beyond Covid-19: learning the lessons of the pandemic for a less lonely future*. Campaign to End Loneliness. Available at: <https://www.campaigntoendloneliness.org/wp-content/uploads/Loneliness-beyond-Covid-19-July-2021.pdf>
-  Lahlou, R.M. & Daaleman, T.P. (2021) Addressing loneliness and social isolation in older adults. *American Family Physician*, 104(1), pp.85-87.
-  Laranjeira, C. (2021) The 'loneliness pandemic': Implications for gerontological nursing. *British Journal of Nursing*, 30(11), pp.652-655.
-  Miller, E. & Sagan, O. (eds.) (2018) *Narratives of loneliness: multidisciplinary perspectives from the 21st Century*. Abingdon and New York: Routledge. **WLM225 (Warneford)**
-  Moreno, M.A. & Radovic, A. (2018) *Technology and adolescent mental health*. Cham, Switzerland: Springer. **WS850 (Warneford)**
-  Morrison, L. (2021) *The wellbeing toolkit for doctors: a supportive guide to help everyone working in healthcare*. London: Watkins.
-  Murray, E. & Brown, J. (eds.) (2021) *The mental health and wellbeing of healthcare practitioners: research and practice*. Hoboken, NJ: Wiley.
-  Nagoski, E. & Nagoski A. (2019) *Burnout: the secret to solving the stress cycle*. London: Vermilion. **WLM228 (Warneford)**
-  Slade, M., Oades, L.G. & Jarden, A. (eds.) (2017) *Wellbeing, recovery and mental health*. Cambridge: Cambridge University Press. **WM670 (Whiteleaf)**
-  Smith, J. (2022) *Why has nobody told me this before?* London: Michael Joseph.