



Book and Pamphlets

Prescription Scheme



Healthy Minds Bucks

Buckinghamshire Primary Care Wellbeing Service

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Improving Access to Psychological Therapies



What is the Book Prescription Scheme?

The *Book Prescription Scheme* is a partnership scheme between Buckinghamshire Health Minds and libraries in Buckinghamshire. It has been set up to help people who are experiencing mild to moderate problems with anxiety, depression or stress. The scheme has been very successful in helping people with these difficulties.

How does the scheme work?

There are two ways to provide you with information; we can provide you with short booklets or longer length books through the Book Prescription Scheme.

After assessing your needs, the team will provide you with a prescription for a book that will best meet your needs. The books explain how best to manage your condition and provide you with techniques and exercises for you to practice.

You should take the prescription to your local library who will provide you with the book. You will work independently through the book and you will receive ongoing telephone support from Healthy Minds.

Is the scheme confidential?

Yes, any information concerning a book you have been prescribed will not be shared with anyone.

Can I use any library?

No, you can only use the library which has been specified on your prescription.

Do I need to be a member of the library?

Yes. If you are not already a member of the library you will be able to





join when you collect your prescribed book. This is easy to do and the Team will explain how you can do this.

Do I have to pay to borrow the book?

No, the book prescription scheme is free.

What if I don't like the book?

You can discuss the book with a member of the team at your support sessions.

What if I don't finish the book in the loan period?

If you find you need more time to work through the book it may be possible to extend the loan period. You must contact the library to renew your book.

What if I want to buy the book?

Most of the books are available to buy in book shops at books a reasonable price.

Where will the book be located in the library?

Your prescribed book will not be located on the general book shelves in the library because it has been specially ordered for the book scheme. It is only available for loan through the scheme and is not accessible to the wider public. You must take your prescription to the help desk and ask a member of staff to get the book for you.

Guidelines for Using the Book Prescription Scheme

You will be offered six telephone support calls. It is important to be in a private place where you will not be interrupted to take these support calls. If this isn't possible please let your worker know in advance.



Contact Us

If you need the information in another language or format please ask us

Nëse ky informacion ju nevojitet në një gjuhë apo format tjetër, ju lutem na kontaktoni

আপনি যদি এই তথ্যাদি অন্য কোন ভাষায় বা মাধ্যমে (ফরমেট) পেতে চান তবে দয়া করে আমাদেরকে বলুন

જો તમને આ માહિતી બીજી ભાષામાં અથવા બીજા આકારમાં જોઈએ, તો કૃપા કરીને અમને પૂછો
यदि आपको यह जानकारी किसी दूसरी भाषा या आकार में चाहिए हो तो कृपया हम से पूछें

若您需要本信息的另一种语言或格式的文本，请与我们联系

ନେବ ପ୍ରସ୍ତୁତ ଟିପ୍ପଣାବଳୀ ବିନାି ଦୁମାି ବ୍ରାହ୍ମା ନାଂ ମରଳ ହିଂସା ଚାହାଣୀ ଗୈ ତାଂ ବିଚ୍ୟା ଉଚ ଚେ ମାତୁଂ ପୁଞ୍ଚେ

اگر آپ کو یہ معلومات کسی دوسری زبان میں یا کسی دوسرے طریقے سے درکار ہیں تو براہ کرم ہم سے پوچھیں۔۔

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