

Mental Health Self Help Guides

www.ntw.nhs.uk/pic

- Alcohol and You
- Anxiety
- Bereavement
- Controlling Anger
- Depression
- Depression and Low Mood
- Eating Disorders
- Domestic Violence
- Food for Thought
- Health Anxiety
- Hearing Voices
- Obsessions and Compulsions
- Panic
- Post Natal Depression
- Post Traumatic Stress
- Self Harm
- Shyness and Social Anxiety
- Sleep Problems
- Stress
- **Plus 3** guides for prisoners



Shining a light on the future

