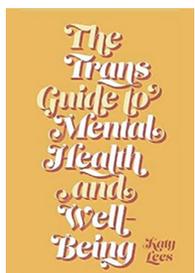


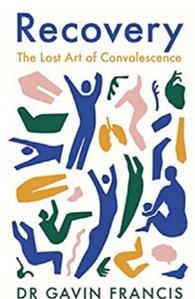
A manual for Being Human by Dr Sophie Mort (2021)

In this practical and insightful guide, Dr Sophie will help you to understand why we all feel anxious, stressed, insecure and down from time to time.



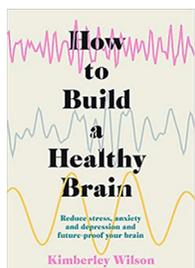
The Trans Guide to Mental Health and Wellbeing by Katy Lees (2022)

This empowering self-help guide provides advice and strategies for trans and/or non-binary people.



Recovery: The Lost Art of Convalescence by Dr Gavin Francis (2022)

When it comes to illness, sometimes the end is just the beginning.



How to Build a Healthy Brain: Reduce stress, anxiety and depression and future-proof your brain by Kimberley Wilson (2020)

Whatever your age, having a healthy brain is the key to a happy and fulfilled life.

30 ONLINE RESOURCES FOR BETTER HEALTH

As well as books, we have a list of 30 online, digital resources to help people look after their health and wellbeing.

They include apps, websites and YouTube videos and cover similar topics to the books, such as recovering from illness, LGBTQ+ and Trans life, how to lose weight, quit smoking or cut down on alcohol and ageing well but much, much more, including:

- What to ask at a doctors appointment
- An A-Z of medicines to understand what you or your family members are taking/prescribed
- First aid tips
- Improving sleep
- Links to a broad range of support groups and charities

See the full list and direct links at:
www.library.nhs.uk/YHC

YOUR HEALTH COLLECTION

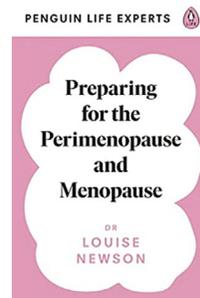
You can access books and online resources to help you improve your own health including:

- Ageing well
- Recovering from illness
- Men's health
- Women's health and menopause
- LGBTQ+ Trans life
- Eating well and moving more
- Pain management



Giving you the information you need to help manage your own health or support other with theirs.

There are thirty digital resources to choose from and ten books. The books are:



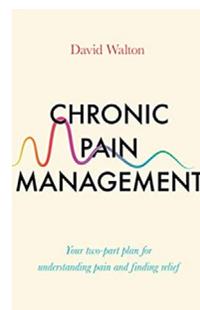
Preparing for the Menopause and Perimenopause by Dr Louise Newson (2021)

Drawing on new research and empowering patient stories from a diverse range of women who have struggled to secure adequate treatment and correct diagnosis.



The book about getting older (for people who don't want to talk about it) by Dr Lucy Pollock (2021)

Many of us are living to a very great age. But how do we give those we love, and eventually ourselves, long lives that are as happy and healthy as possible?



Chronic Pain Management: Your two-part plan for understanding pain and finding relief by David Walton (2021)

Chronic pain affects huge numbers of people - the WHO estimates that 37-41% of people across developed and developing countries suffer, and the figure rises in countries like the UK where the population is ageing.



It's Not Ok to Feel Blue (and other lies) by Scarlett Curtis (2019)

Everyone has a mental health. So, we asked: What does yours mean to you? Over 60 people have shared their stories. Powerful, funny, moving, this book is here to tell you: It's OK.



Men's Health: All You Need to Know in One Concise Manual by Jim Pollard (2020)

Although male life-expectancy at birth is now close to 80, on average only 63 of those years will be in good health.



The Natural Health Service: How Nature Can Mend Your Mind by Isabel Hardman (2020)

Isabel Hardman draws on her own personal experience, interviews with mental illness sufferers and psychologists, and the latest research to examine what role wildlife and exercise can play in helping anyone cope with mental illness.