

**Q. Is the service confidential?**

**A.** Bring your prescription to a participating library. The library staff are professionals and will treat you with respect. This means that they will not divulge any information about who is borrowing a book or what the book is about. Think of the library staff as you would think of your local pharmacist - as someone who can deliver what is prescribed with professional expertise and ethical practice.

**Q. What if the book doesn't help?**

**A.** We know that the books on the list often do prove useful, but they are not going to be effective for everyone. If you have tried to use the book, but you find your difficulty or distress persists, then you will need to return to your GP (or to make further contact with the professional who prescribed the book) so that further advice can be obtained.

*This book was invaluable in my recovery.*

*- reader's comment*

## Readers' Comments:

Here are some comments made by people who have used particular books included in a Book Prescription Scheme in Cardiff:

*"I found it very helpful, I can't recommend it enough!"*

*"An excellent self-help guide... I have been diagnosed with depression and this book was recommended by my GP."*

*"It's an inspiration..."*

*"After working through the exercises in this book I feel more in control of my moods, and I can cope better when I am feeling strong emotions."*

*"The beauty of this book is its practical step-by-step approach."*

*"This book has really helped me to learn how to change those thoughts and become a more positive person."*

*"What I especially liked about this book is its applicability in real life."*

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Feidhmeannacht na Seirbhíse Sláinte  
Health Service Executive

**North Inner City Book  
Prescription Scheme**

*Patient Leaflet*

The North Inner City Book Prescription Scheme is a collaboration between the HSE North Inner City Partnership in Primary Care and Dublin City Public Libraries.

Dublin City Public Libraries  
Leabharlanna Poiblí Chathair Bhaile Átha Cliath



Dublin City  
Baile Átha Cliath

In 2007 the North Inner City Partnership in Primary Care launched a book prescription scheme in association with Dublin City Public Libraries. The scheme aims to help people with mild to moderate emotional problems. The scheme involves a GP or other mental health professional, such as a counsellor, nurse or psychologist, prescribing a book that addresses the problem. Irish doctors, psychologists and counsellors have compiled a list of books that other patients have found useful in helping them with their problems.

**PLEASE TREAT THE PRESCRIBED BOOK AS YOU WOULD ANY OTHER LIBRARY BOOK AND DO NOT MARK OR WRITE ON IT.**

**IF THE BOOK INCLUDES "EXERCISES" OR QUESTIONNAIRES, PLEASE MAKE YOUR OWN COPY OF THE MATERIAL AND USE THIS FOR YOUR WORK**

A 'prescription' for the recommended book is issued by the doctor or other professional and can be exchanged for the book at the following branch libraries; Cabra, Drumcondra, Marino, Central Library in the Ilac Centre, Charleville Mall and Phibsboro. A prescription scheme also operates in Mountjoy Prison.

The book prescription will indicate the length of time for which the book may be borrowed from the library. If you need the book beyond this time, you may find that the loan can be renewed (check with the library on this). In addition, some people find a book so useful that they wish to have their own copy. All of the recommended books should be available for purchase through a good book shop or can be ordered through them. If you do buy your own copy, please return the library copy as soon as possible.

The book you have been prescribed has been recommended by people who have used it previously and found it helpful. Like other 'self-help' methods, it will need some effort on your part. You might wish to set aside some special regular time to read the book and follow any advice or instructions it contains.

*“After reading this book I felt a new sense of well-being.”*  
- reader's comment

## Some questions you may have:

### Q. Do I have to be a member of the library to use this service?

A. No. You don't have to be an existing member of the library. Your prescription will entitle you to take out library membership free of charge. You may or may not wish to use this to borrow additional, non-prescribed books.

### Q. What if the book is unavailable?

A. Each of the branch libraries has one or more copies of the book you have been prescribed. If all copies are on loan to other readers, then the branch will obtain a copy for you from another branch. The library staff member will inform you about this.

### Q. Can books really help?

A. Yes, there is very good evidence that books can help people who have emotional problems. The books on the prescription list have been specially chosen for their quality. Effectiveness also depends on how much effort the reader puts into following the guidance given by the book. Of course, not everyone will be helped in this way.