

## **Boab Health Services**

### **Books on Prescription**

Books on Prescription scheme is a collaboration between Boab Health Services and the Shire Library Services throughout the Kimberley.

The book prescription allows specially chosen self-help books to be prescribed by your mental health professional. Once issued, the prescription can be exchanged for the book at the public libraries in Broome, Derby and Kununurra . The program is used by GP's, mental health professionals at Boab Health Services and other health service providers in the Kimberley region.

# **Words for Wellbeing**

## **Books Can Help**

Books on Prescription offers a source of self help for people experiencing common mental health problems. Of course, this approach will not be suitable for everyone, but research indicates that books can often help.

There is good evidence that the best self-help books can be highly effective in helping people with emotional problems.

Many practitioners regularly recommend particular books to their clients or patients and soon get to know which of these books are most useful.

Self-help books can be highly effective when used as the main source of self help, or in addition to other interventions

The use of self-help books is known as 'bibliotherapy'.

## **What Are The Books About?**

The program includes books on many of the common mental health problems that people experience, including depression, eating disorders, panic, anger, stress, low self-esteem, relationship difficulties and the aftermath of sexual abuse.

Although they contain good information which has been checked by mental health practitioners, they are not medical books. They are all written in an understandable, accessible style and aim to help you to help yourself.

## **Can I Buy The Books?**

You may want to buy the prescribed book for yourself from a bookshop. All the books on the list are currently available. We can provide you with an ISBN number if required.

## How To Pick Up Your Prescription

Just take your prescription to one of the libraries listed on the back of this pamphlet and it will be exchanged for the prescribed book.

If you are not a member of the library already, you need to take some identification which has your name and address on it (such as driving licence, Health Care Card, rental agreement, etc.) If you are already a member, remember to take your library card with you.

The normal loan period for your book is 4 weeks. If you need it for longer, this can be extended by taking it to the library or by telephone. If the book is on loan to someone else, you can reserve it to loan when the book is returned.

Once you have your library ticket, you can borrow other books, videos or DVDs and use the computers..

### Broome Public Library

Cnr Haas & Hamersley Streets, Broome  
PO Box 44, Broome WA 6725

Phone: (08) 9191 3477  
Fax : (08) 9191 3476  
Email: library@broome.wa.gov.au  
Web: www.broome.wa.gov.au

### Derby Public Library

Clarendon Street, Derby  
PO Box 94, Derby WA 6728

Phone: (08) 9191 0900  
Fax: (08) 9191 0998  
Email: libmanager@sdwk.wa.gov.au  
Web: www.swek.wa.gov.au

### Kununurra Community Library

Mangaloo Street, Kununurra  
PO Box 666, Kununurra WA 6743

Phone: (08) 9169 1227  
Fax: (08) 9169 1128  
Email: librarian@swek.wa.gov.au  
Web: www.swek.wa.gov.au

### Boab Health Services Counselling Team

The team provide focused psychological interventions for people experiencing mental health issues. A GP referral is required to access services.

Phone: (08) 9192 7888  
Fax: (08) 9192 7999  
Email: reception@boabhealth.com.au  
Website: www.boabhealth.com.au  
Address: PO Box 1548, Broome WA 6725



## Books on Prescription

*a partnership with*

**Kimberley Public Libraries**



## Words for Wellbeing



Shire of Derby /  
West Kimberley

