

MENTAL HEALTH INFORMATION FOR PATIENTS, CARERS AND PROFESSIONALS

BY

THE ROYAL COLLEGE OF PSYCHIATRISTS

2004



"I use these leaflets and advise patients to read them on a regular basis as I think the content is fantastic and easy to understand."

Leaflets

Help is at Hand Award winning, evidence-based and illustrated leaflets on common mental health problems.

Titles include:

- | | |
|---|--------------------------------------|
| ✎ Anorexia and Bulimia | ✎ Manic Depression/ Bipolar Disorder |
| ✎ Anxiety and Phobias | ✎ Memory and Dementia |
| ✎ Bereavement | ✎ Men Behaving Sadly |
| ✎ Depression | ✎ Physical Illness and Mental Health |
| ✎ Depression and Alcohol | ✎ Post Natal Depression |
| ✎ Depression in Older Adults | ✎ Schizophrenia |
| ✎ Depression in People with Learning Disabilities | ✎ Sleeping Well |
| ✎ Depression in the Workplace | ✎ Social Phobias |
| | ✎ Surviving Adolescence |

✎ Also available in Chinese 🏆 Commended by the BMA

Single copies of leaflets are available free of charge with an A4 stamped addressed envelope. All leaflets can be downloaded from the Royal College of Psychiatrists' website at www.rcpsych.ac.uk/info

The **Changing Minds** leaflets were developed as part of the College's anti-stigma campaign.

Titles include:

- | | |
|----------------------------------|---|
| • Alcohol and Other Drug Misuse | • Anxiety |
| • Alzheimer's Disease & Dementia | • Depression |
| • Anorexia and Bulimia | • Mental Disorders, Challenging Prejudice |
| | • Schizophrenia |

These leaflets can be downloaded from www.changingminds.co.uk

Information factsheets on common psychiatric problems and treatments

Designed to answer some of the most frequently asked questions on common psychiatric problems and treatments.

- | | |
|---|-------------------------------|
| • Alcohol | • Patient's Rights and Monies |
| • Antidepressants | • Psychotherapy |
| • Antipsychotics | • Tiredness |
| • Depot Medication | • What is Cognitive Therapy? |
| • Drug Treatment of Alzheimer's Disease | |
| • Mental Illness After Childbirth | |

These factsheets can be downloaded from www.rcpsych.ac.uk/info

"This is great information that really helped me!"

"This was really helpful, lots of good information. I learned a lot"

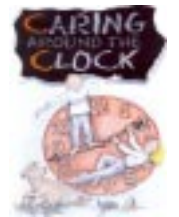
Materials for young people



HEADstuff A new and colourful resource for 14-17 year olds, produced by the College's anti-stigma campaign and Mentality. This leaflet aims to increase young people's knowledge of mental health problems and dispel the myths surrounding mental illness. It also provides help on what to do if they are worried about themselves or a friend.

See the back page for the cost of bulk orders

Caring around the Clock - a leaflet for young carers



As many as 50,000 young people in the UK are responsible for caring for a family member with mental illness. This may cause problems with of schooling, managing homework and keeping up with friends. "Caring around the Clock" is aimed at young carers and is designed to remind them that they are not alone and can seek help from a key worker or their GP.

Factsheets in other languages

A series of factsheets on depression in Hindi, Gujarati, Bengali. Punjabi and Chinese with English translations. Only available to order.

"Excellent. Helped my wife and I enormously."

Materials for parents, teachers and young people

"Changing Minds" CD ROM: Mental Health: What it is, what to do, where to go.

"Changing Minds" is a multimedia CD-ROM designed to raise awareness of mental health problems in young people aged 13-17 years. It is designed for teachers to use as part of PHSE curriculum (Personal and Social Health Education and Citizenship- key stages 3 and 4) and gives creative teaching ideas for lessons.

It includes interviews with young people on their views and experiences of mental health problems; video and audio clips, cartoons, music, and quizzes. It addresses six main areas of concern for young people and teachers: addictions, stress, eating disorders, depression, schizophrenia and self-harm.

£14.99

Mental Health and Growing Up (Second Edition October 1999) Third edition due Summer 2004

A series of 36 factsheets, mainly for parents and teachers with practical, up-to-date information about mental health problems (emotional, behavioural, and psychiatric disorders) that can affect children and young people. Some leaflets have been written especially for young people.

Titles include:

- Attention deficit problems and hyperactivity
- Coping with stress
- Divorce or separation of parents
- Depression
- Worries about weight

All of these titles can be downloaded from www.rcpsych.ac.uk/info

"Thank you for making me feel that I am not alone and that maybe there is hope."

Videos

Stigma (9 min video)

"You can judge a civilisation on the way that it treats its mentally ill." This videotape explores the origins and nature of mental illness and how it affects us all. Directed and narrated by Consultant Psychiatrist, Dr. Mark Salter. £5

"1 in 4"



To celebrate World Mental Health Day 2000, Changing Minds, the College's anti-stigma campaign launched this outstanding 2 minutes cinema film. (Certificate 15).

"1 in 4" questions our preconceptions about mental illness and emphasises the reality that mental health problems can touch anyone. The film uses challenging images with a forthright, and at times, shocking script.

£5



The Royal College of Psychiatrists and The Princess Royal Trust for Carers have joined together to mount a year-long campaign designed to help carers of people with mental health problems and learning disabilities

The campaign, launched on January 13th 2004 in the presence of Her Royal Highness The Princess Royal, highlights the problems faced by carers of all ages, including children and adolescents, and aims to encourage constructive partnerships between carers, patients and professionals.

Checklists for patients, carers and psychiatrists

Useful resource for psychiatrists, patients and carer organisations. Checklists to improve communication, understanding and partnership between health care professionals, service users and carers.

- Checklist for people with mental health problems: Questions to ask your psychiatrist
- Checklist for carers of people with long term mental illness: Questions to ask the psychiatrist
- Checklist for psychiatrists: issues of concern to carers of people with mental illness

Further information on the campaign can be found on www.partnersincare.co.uk.

Materials for professionals

Being Seen and Heard: The needs of children of parents with mental illness

A new multi-media training package for professionals who work with adults with mental illness. It provides creative and practical suggestions about working with parents with mental illness and their children.

Developed, written and produced by Dr. Alan Cooklin, Consultant Child and Adolescent Psychiatrist, this resource includes clips of children, young people and their parents talking about their experiences of mental illness within the family, and how professionals can work effectively with them.

'Being seen and heard' includes a video (60 minutes) divided into two sections. The CD-ROM includes hand-outs for use as part of a professional training session.

For information on how to order this item please refer to the centre pages

"Frequently recommended and used in my job as a Community Psychiatric Nurse."

Individual leaflets are free with an A5 self addressed envelope. For bulk orders please see below.

Help is at Hand

Number of leaflets (one title or an assortment)	Postage and packing
10	£2.00
20	£5.00
30-40	£9.00
50-80	£14.00
90-100	£15.00

HEADstuff

Number of Leaflets	Postage and Packing	Number of Leaflets	Postage and Packing
10	£0.60	50-60	£6.00
20	£1.50	70	£7.50
30	£2.00	80	£9.00
40	£3.50	90-100	£11.00

Replacement order forms can be downloaded from the website at www.rcpsych.ac.uk



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