

Mental Health & Emotional Wellbeing

Our most popular resources



These resources can be borrowed by our library members. NHS staff and people who work in health promotion in the Bradford and Airedale area are eligible for membership. To join please complete a membership form in person at the library.

There is no standard loan on these items. We ask for loans to be under two weeks to allow other library users to borrow our resources.

We recommend placing advanced bookings on items by contacting us with your required resources and the dates that you need them for. This ensures that the resources are available when you need to borrow them.

To see our full range of resources search our library catalogue at <http://bradford.nhslibraries.com> or come to the library with a work ID badge to see them in person. We are based in the old building to the right of main reception, our address is:

**Library and Health Promotion Resources,
Lynfield Mount Hospital,
Heights Lane,
Bradford,
West Yorkshire,
BD9 6DP**

MODELS & DISPLAYS



Emotional Literacy Posters

B28910

A set of 5 A3 laminated posters about peaceful problem solving, circle time, being assertive and being a feelings detective.

W 500 MEN

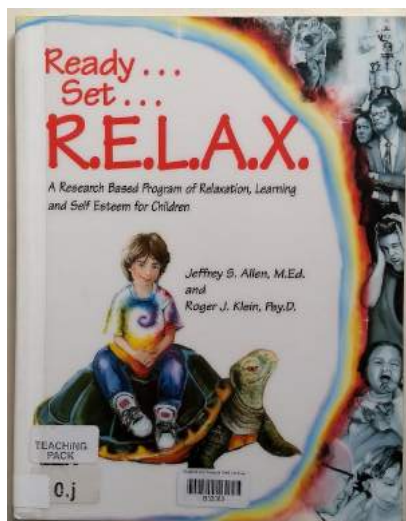
Emotions: Kid-Drawn

B27265, B27266

A set of 16 A3 laminated cards, each showing a different emotion which has been hand-drawn by a child. Recommended for use in emotional literacy activities.

WS 220 KID

BOOKS, TEACHING PACKS & GAMES

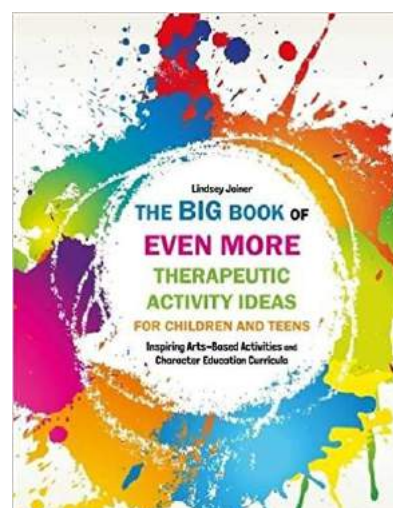


Ready... Set... R.E.L.A.X.

B32082

A research based collection of storytelling and relaxation scripts for children about relaxation and self-esteem. Also recommended for use in clinical settings.

WS 220 ALL



The Big Book of Even More Therapeutic Activity Ideas for Children and Teens

B61050

Activity ideas and handouts to teach emotional wellbeing and social skills. Icebreakers, visual/expressive art activities, hands on and bibliotherapy.

WS 780 JOI



Body Board & Emotions Pack

B29067, B29621, B38278, B39980

An life size laminated drawing of a body outline. Also comes with a set of 43 laminated emotions drawings. Body Board can also be used with other laminated packs for education on sex and personal hygiene.

WM 800 HEA



Skills for Daily Living—Social Behaviour

B44300

A set of 44 colourful A5 cards showing realistic social scenarios. Can be used to discuss appropriate and inappropriate social behaviour.

WS 220 SKI



The Huge Bag of Worries

B49264, B49261, B39423, B38513

A beautifully illustrated children's picture book about a girl who carries her worries with her in a big blue bag and an old lady who helps her to sort them out.

WS 200 IRO

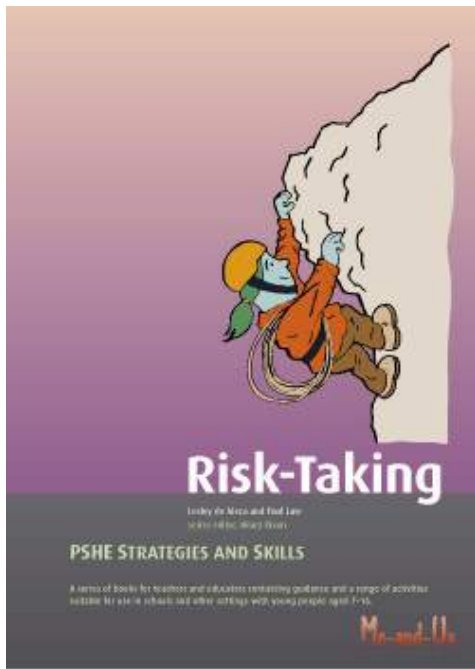


Actionwork - Anti Bullying Resource

B49089

An engaging and informative anti-bullying resource pack for primary schools, youth clubs and community groups. Contains DVD, 30 page activity booklet and feeling cards.

WS 850 ACT

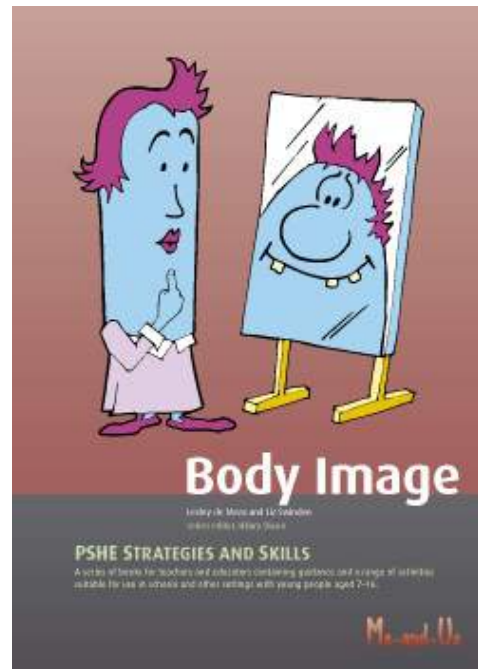


Risk Taking

B60592

A 15 activity teaching pack split into exploring risk, weighing up risk and making independent decisions. Suitable for ages 7 to 16.

WS 700 DEM

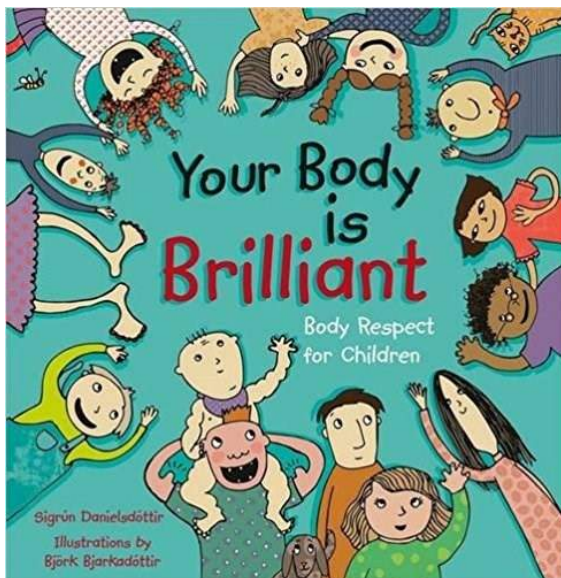


Body Image

B38389

A 17 activity teaching pack organised into body image and self esteem, the media, fashion, food and the diet industry and responsibility. Suitable for ages 7 to 16.

WMS 700 DEM

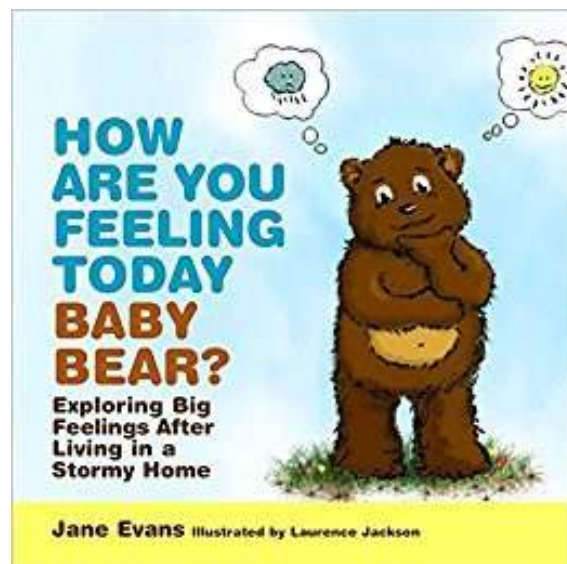


Your Body is Brilliant

B61108

An A4 hardback picture book about bodies, including self care, body diversity and body image. Suitable for children 6 to 10.

WS 220 DAN

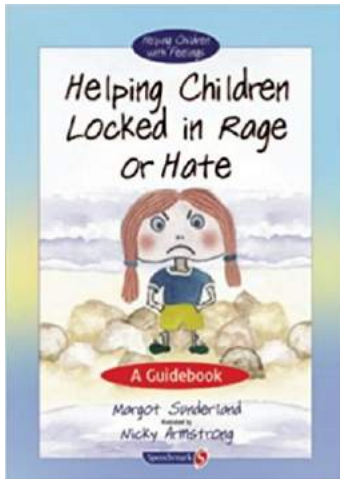


How Are You Feeling Today Baby Bear?

B61107

A hardback story picture book exploring feelings for children who have lived with violence at home.

WS 220 EVA



Helping Children Locked in Rage or Hate

B29517

A teaching pack and accompanying story book (How Hattie Hated Kindness)

WS 220 SUN

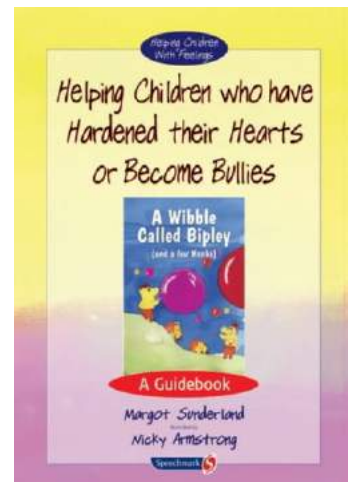


Helping Children with Fear

B28489

A teaching pack and accompanying story book (Teenie Weenie in a Too Big World)

WS 220 SUN

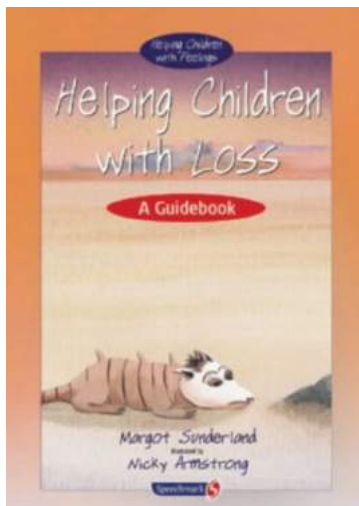


Helping Children who have Hardened their Hearts or Become Bullies

B28502

A teaching pack and accompanying story book (A Wibble Called Biplep and a few Honks)

WS 220 SUN

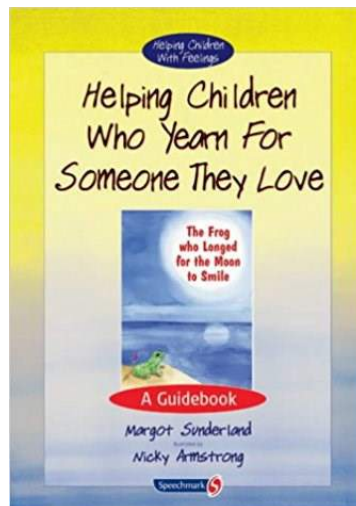


Helping Children with Loss

B40194

A teaching pack and accompanying story book (The Day the Sea Went Out and Never Came Back)

WS 220 SUN

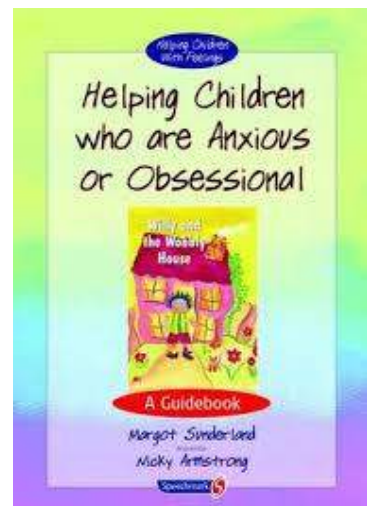


Helping Children who Yearn For Someone They Love

B28499

A teaching pack and story book (The Frog who Longed for the Moon to Smile)

WS 220 SUN

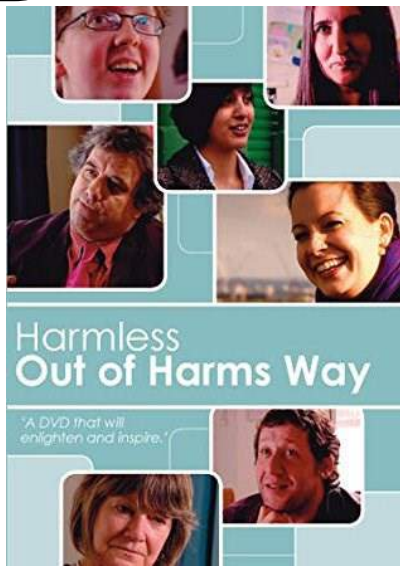


Helping Children Who Are Anxious or Obsessional

B28485

A teaching pack and accompanying story book (Willy and the Wobbly House)

WS 220 SUN



Harmless: Out of Harms Way

B43970

Self harm from professionals and people who have experience of it. It looks into the nature of self harm and therapy options. Contains resources to print.

Running Time: 7 sections of 10-15 minutes

WM 100 HAR



Let's Fight it Together

B43945

A short drama about a cyberbullying. The DVD also has resource activities and interactive questions about the drama.

Running Time: 6 minutes

WS 220 CHI



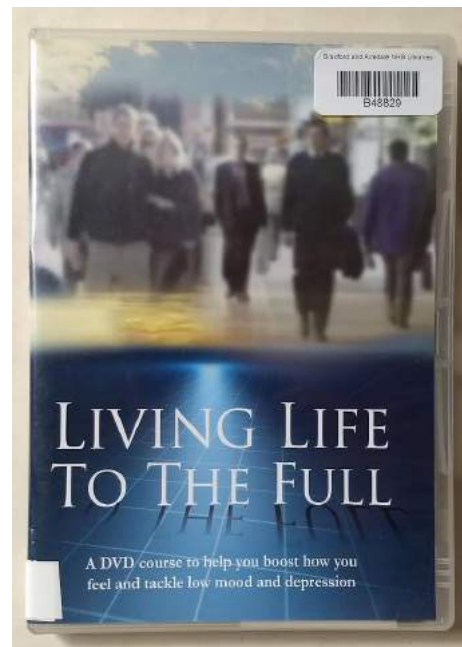
Friday Night Shirt

B60039

A drama about abusive relationships featuring a group of single mothers.

Running Time: 14 minutes

WM 100 RED



Living Life to the Full

B48829

A DVD about low mood and depression with different chapters on self help such as sleeping better, healthy living and assertiveness.

Running Time: Interactive DVD up to 35 minutes

WM 100 WIL