

# Mental Health & Emotional Wellbeing

Our most popular resources



This picture catalogue serves as a guide, to help you get a glimpse of the resources available in this health promotion topic, but it doesn't contain everything. To see our full range of resources you can visit us in the library, or search our library catalogue at <http://bradford.nhslibraries.com>.

These resources can be borrowed by our library members. Anyone who supports the health and wellbeing of people in the Bradford and Airedale district is eligible to join the library. You can join the library by completing a registration form in person at the library, please bring a work or personal ID to do this.

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 to ensure they're available when you need them.

The Library and Health Promotion Resources team 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**



### Body Board & Emotions Pack

B29067, B29621, B38278, B39980

Life-size laminated illustration 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.



### Skills for Daily Living—Social Behaviour

B44300

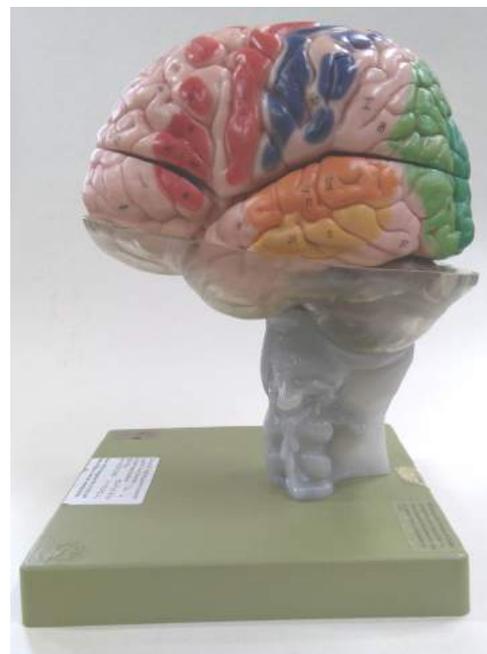
A set of 44 colourful A5 cards showing realistic social scenarios. Can be used to discuss appropriate and inappropriate social behaviour



### The Stress Bucket

B61808

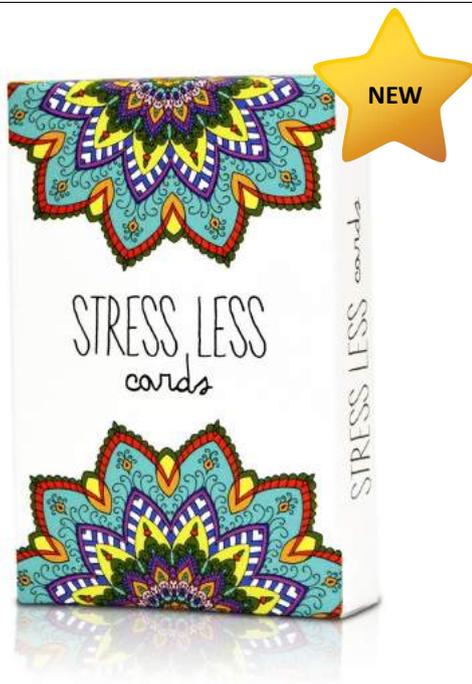
A 3D model about stress, coping strategies and resilience. The stress bucket is designed to get people thinking about their own mental health and wellbeing. Use as a tabletop display or an interactive resource with a group. Suitable for young adults and adults.



### Human Brain

B29026, B48432

A life size model of the human brain. The model is made up of several smaller pieces of the brain which can be taken apart.



**Stress Less Cards**

**B62189**

A set of 50 easy and effective exercises to help you relieve stress and deal with anxiety.



**At My Best Strength Cards**

**B61131**

A set of 48 cards, each with a strength on one side and a photo on the other. Popular and suitable for use in groupwork, facilitation, and therapeutic contexts. Suitable for young people and adults to use.

48424



**A Therapeutic Treasure Deck of Grounding, Soothing, Coping and Regulating Cards**

**B62188**

A set of 70 cards and accompanying booklet. For use with children aged 6+, it offers a fun and non-threatening way of processing difficult feelings.



**Emotions Blob Cards**

**B48424**

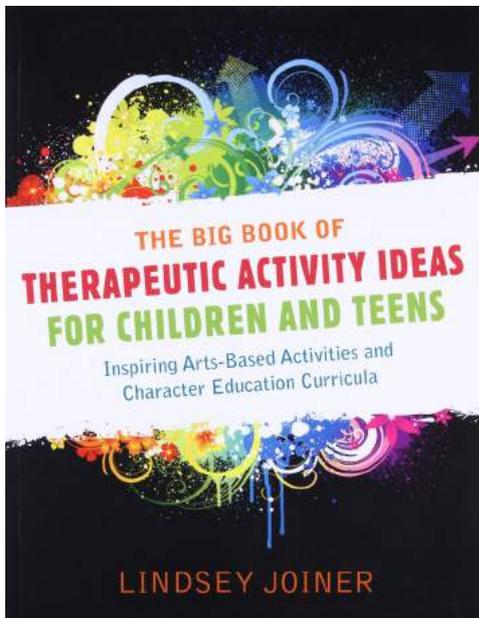
A set of 48 cards with blobs acting in many familiar ways: celebrating, fighting, feeling left out, supporting or ignoring each other. Can be used in groupwork and 1-1 situations.



**Emotions: Kid-Drawn**

**B27265, B27266**

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



**The Big Book of Therapeutic Activity Ideas for Children and Teens**

**B61050**

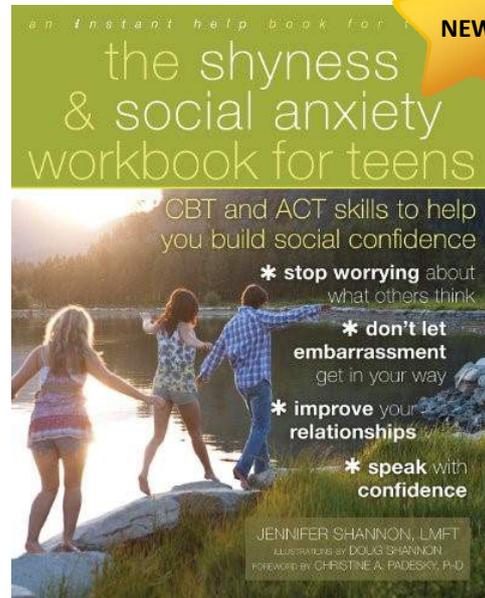
Activity ideas and handouts to teach emotional wellbeing and social skills. Icebreakers, visual/ expressive art activities, hands on and bibliotherapy.



**Mental Health Resource Pack**

**B61799**

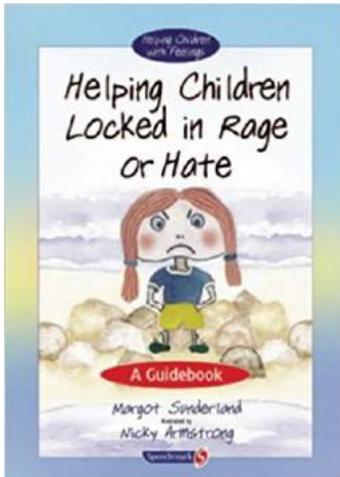
Three sets of identical celebrity cards and matching mental health conditions.



**The Shyness and Social Anxiety Workbook for Teens**

**B61728**

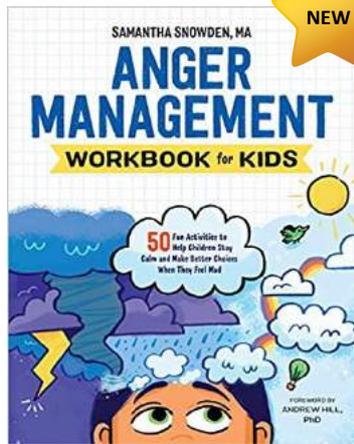
The worksheets and exercises based on CBT therapy to help teens learn to handle awkward social situations with grace and confidence.



## Helping Children Locked in Rage or Hate

**B29517**

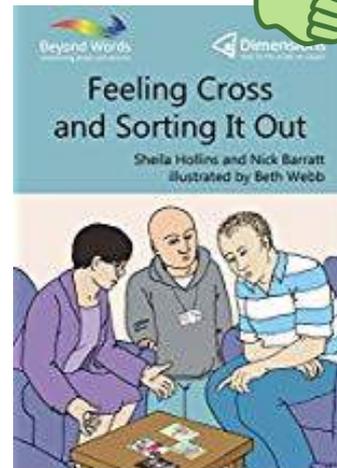
A teaching pack and accompanying story book (How Hattie Hated Kindness).



## Anger Management Workbook for Kids

**B61705**

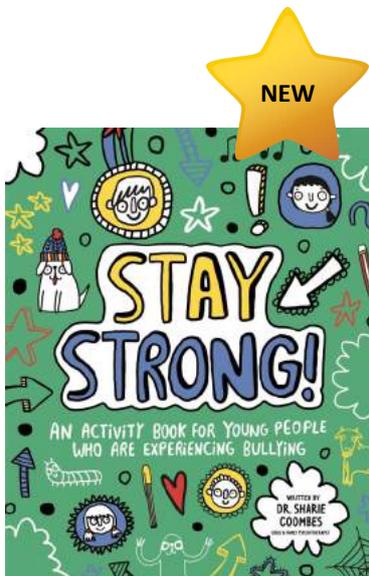
Photocopiable worksheets, and 50 fun activities to help children stay calm when they're mad. Suitable for ages 6 to 12.



## Feeling Cross and Sorting it Out

**B60442, B61419**

Beyond words book about anger. Designed to support people with learning disabilities.



## Stay Strong! An Activity Book for Young People Who are Experiencing Bullying

**B62191**

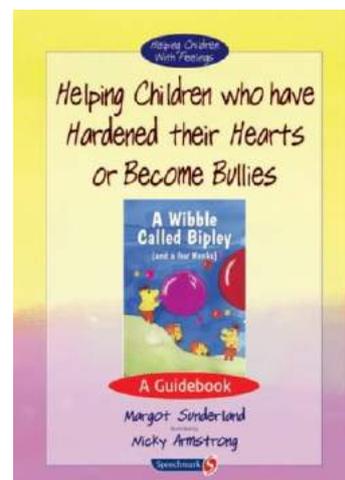
Photocopiable activities to help children being bullied.



## 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

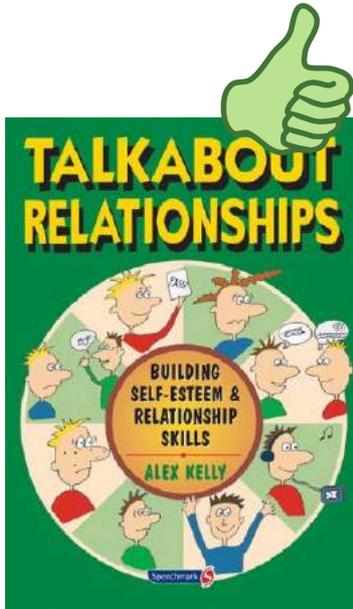


## Helping Children who have Hardened their Hearts or Become Bullies

**B28502**

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

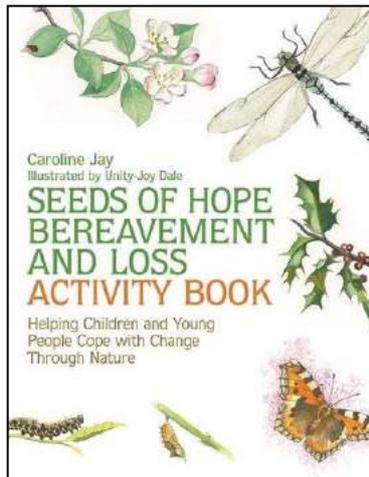




**Talkabout Relationships:  
Building Self Esteem &  
Relationship Skills**

**B28071**

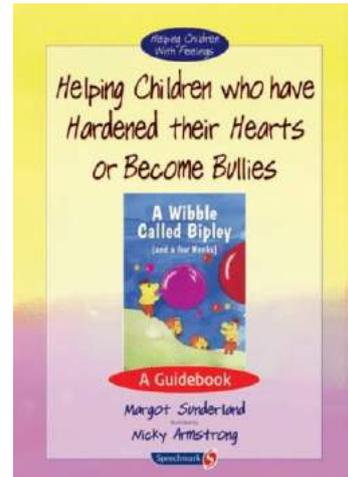
Photocopiable worksheets and group activities to build friendship skills, also suitable for people with learning disabilities.



**Seeds of Hope  
Bereavement and Loss  
Activity Book**

**B60234**

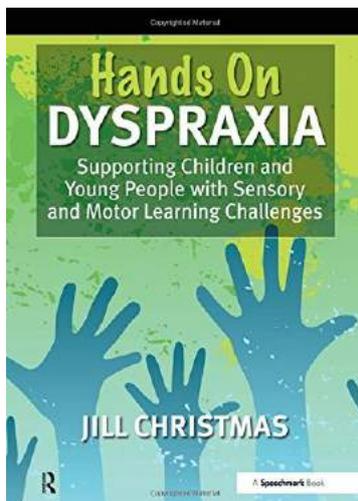
An activity book to help children understand and change, for group or 1-1 settings, ages 5+.



**Talking to My Mum: A Picture  
Workbook for Workers, Mothers  
& Children Affected by Domestic  
Abuse**

**B61583**

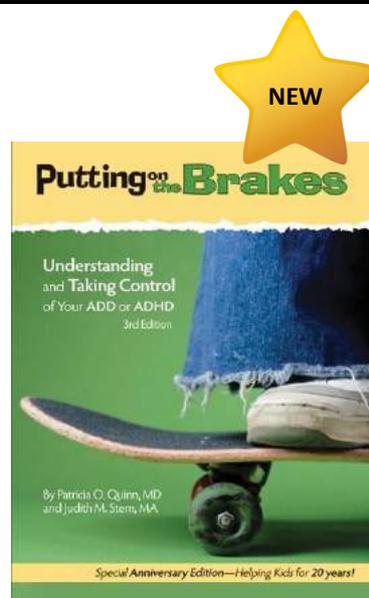
Photocopiable workbook for 5-8 year olds who have experienced domestic abuse.



**Hands on Dyspraxia: Supporting  
Children & Young People with  
Sensory & Motor Learning  
Challenges**

**B38372**

Practical handbook for parents, teachers and allied professionals.



**Putting on the Brakes:  
Understanding & Taking  
Control of your ADD or  
ADHD**

**B61726**

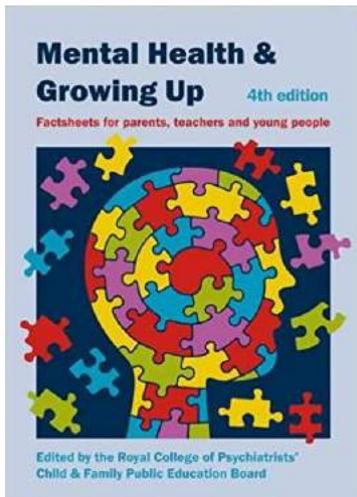
Informative guide for children with ADD or ADHD



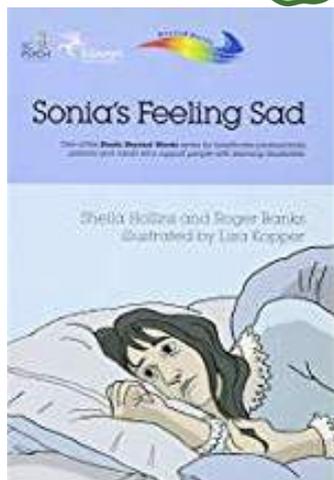
**The Conversation Train: A  
Visual Approach to  
Conversation for Children  
on the Autistic Spectrum**

**B61712**

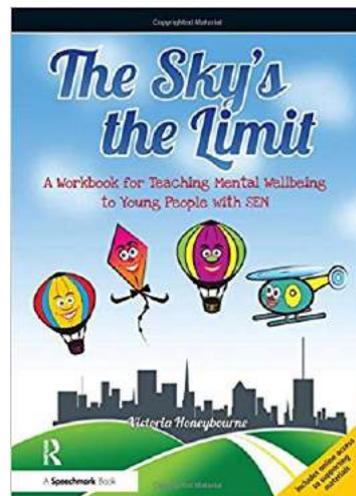
An inventive picture book to teach children about conversation skills.



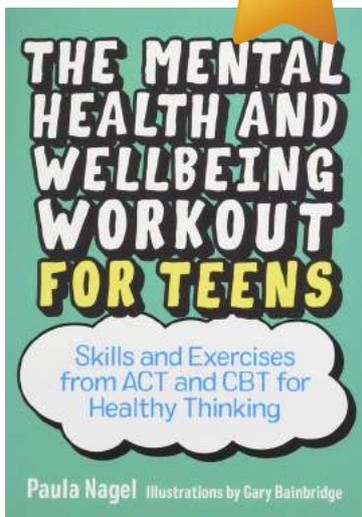
**Helping Children Locked in Rage or Hate**  
**B61242**  
 31 reliable and photocopiable factsheets, produced by the Royal College of Psychiatry, about young people's mental health.



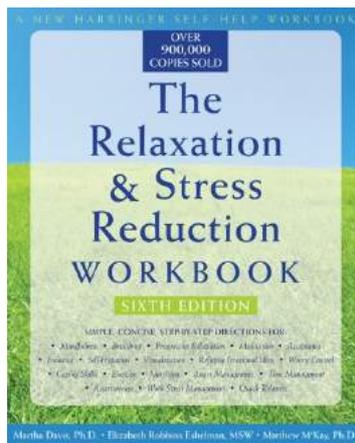
**Sonia's Feeling Sad**  
**B48115, B61388**  
 Beyond words book about depression. Designed to support people with learning disabilities.



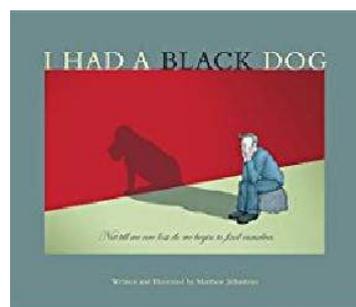
**The Sky's the Limit: A Workbook for Teaching Mental Wellbeing For Young People With SEN**  
**B38358**  
 Teaching pack to support people with SEN to understand mental wellbeing and skills.



**The Mental Health & Wellbeing Workout for Teens**  
**B61717**  
 A guide to develop health thinking habits.



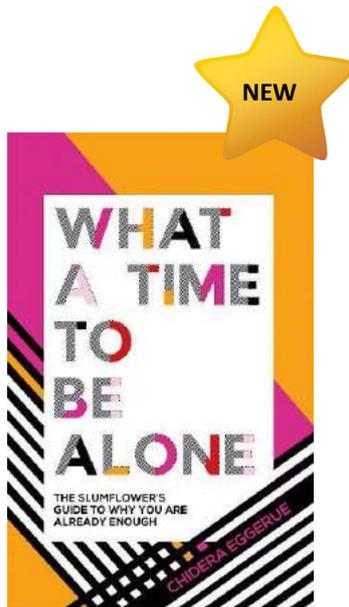
**The Relaxation & Stress Reduction Workbook**  
**B49199**  
 Teaching pack and exercises for teens and adults experiencing stress.



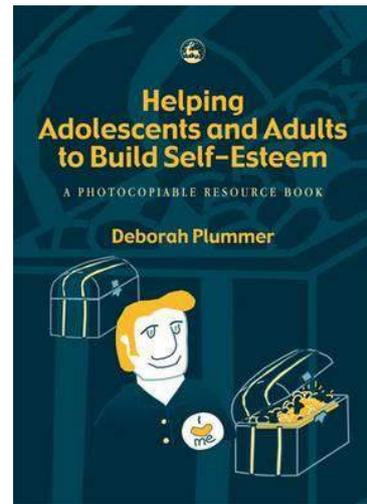
**I Had a Black Dog**  
**B61338**  
 Picture book about living with depression. Suitable for adults and children. Accompanying YouTube Video.



**The Self-Esteem Game**  
**B61463**  
 A board game for 2-4 players, ages 8 and up, to build self esteem with positive affirmations.



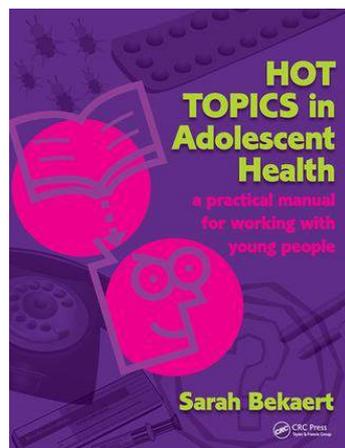
**What a Time to Be Alone**  
**B61714**  
 A book about self-worth and confidence with insightful Igbo proverbs.



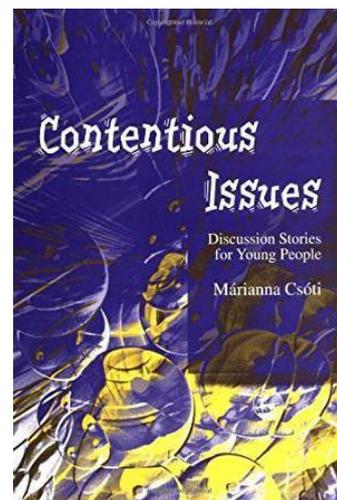
**Helping Adolescents and Adults to Build Self-Esteem**  
**B28379, B27375, B28402**  
 A photocopiable resource book with exercises suitable for group and 1-1 work.



**The Knowledge Game**  
**B48828**  
 A board game for 2 or more players, ages 14+, about a range of issues affecting young people, including body image, relationships and drugs.



**Hot Topics in Adolescent Health: a practical manual for working with young people**  
**B48720**  
 A teaching pack for professionals about topics in adolescent health, from mental health to careers.



**Contentious Issues Discussion Stories for Young People**  
**B19876**  
 Forty stories and accompanying questions for young people to think about contentious issues.