



For better
mental health

Autumn Newsletter from Mind Publications

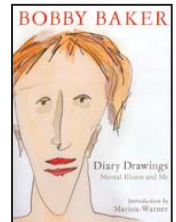
New products and bestsellers

New for autumn 2011

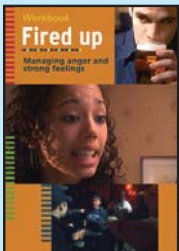
Diary drawings: mental illness and me

Winner of Mind's Book of the Year 2011 award. Bobby Baker's collection of drawings and writing provide a fascinating insight into the interplay between art and mental health. Before being published in this highly acclaimed book, these drawings were shown in a hugely popular exhibition at the Wellcome Collection.

£15



Fired up: Managing anger and strong feelings (DVD and workbook)



This resource can be used with young people to stimulate discussion on anger and related issues experienced during adolescence. The DVD is a 26 minute drama presenting young people in credible situations and reacting to different triggers. The accompanying 30 page workbook contains worksheets and discussion points for facilitators. First published 2003, updated 2011.

£25

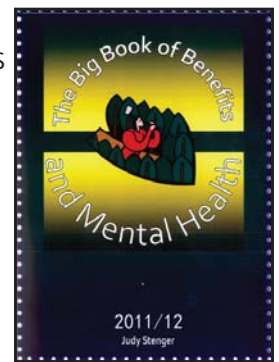
The big book of benefits and mental health 2011/12

Judy Stenger

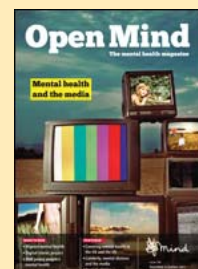
Now in its 11th edition and exclusively available from Mind this manual contains user-friendly hints, information, examples and sample forms for anyone making benefits applications and challenging decisions.

The new 2011/12 edition includes:

- an easy to use page by page guide to completing the new ESA50
- information on the new Personal Independence Payment
- ESA mental health caselaw to date
- ESA appeals
- universal credit
- housing benefit/ tax credit changes



279 pages, 2011. £15.99



Open Mind magazine

Published bimonthly and featuring articles from service users and professionals, Open Mind is essential reading for anyone who uses, provides or has an interest in mental health services.

Annual subscription: £17 - Student/unwaged rate, £29 - Individual rate (not paid for by an organisation), £55 - Organisation rate (includes 3 copies of each issue)

Books

Page 2

Other resources

Page 4

DVDs

Page 3

Booklets

Page 6

Order using the form on the back page or shop online at www.mind.org.uk/shop

1

Books

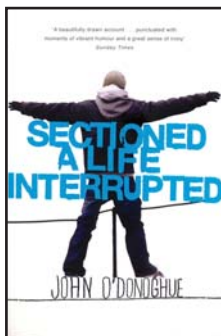
Sectioned: a life interrupted

John O'Donoghue

This often humorous account of the breakdowns that have punctuated the author's life since the age of sixteen was the winner of the Mind Book of the Year 2010. Now a lecturer in creative writing, but having spent over a decade moving in and out of asylums, hostels and squats, this is a compelling account of his survival against the odds.

294 pages, *John Murray*, 2009.

£9.99



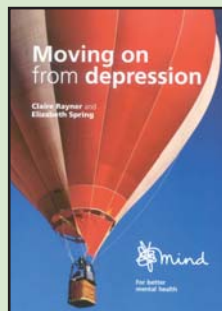
Moving on from depression

Clare Rayner and Elizabeth Spring

This book is intended for people experiencing depression and for friends and relatives who want to find out how to help them. Each chapter looks at a particular type of depression, life events that can act as triggers and strategies for coping. The information is based on the experiences of people who have found effective strategies for moving on.

134 pages, *Mind*, 2006.

£2.99



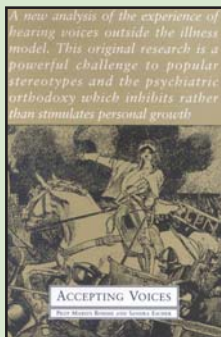
Accepting voices

Prof. Marius Romme & Sandra Escher

This acclaimed book illustrates how many people who hear voices come to terms with their experience without recourse to psychiatry. It focuses on alternatives to bio-medical techniques, and emphasises the importance of accepting and validating people's own interpretations of their voices.

262 pages, *Mind*, 1993.

£13.99



Making sense of voices

Prof. Marius Romme & Sandra Escher

This handbook for practitioners builds on Romme and Escher's previous work in *Accepting Voices*. It combines guidance with examples on the various processes involved in enabling voice-hearers to deal with their voices and as a result lead an active and fulfilling life.

180 pages, *Mind*, 2000.

£25



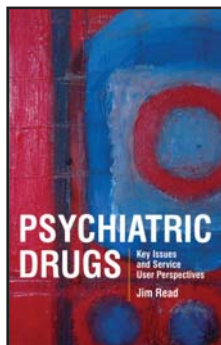
Psychiatric drugs: key issues and service user perspectives

Jim Read

For anyone with an interest in psychiatric drugs this is both a lively introduction to the topic, and a stimulating read for the expert. An invaluable resource for learning about withdrawal, and how tensions between patients and doctors over decisions about medication can be resolved.

208 pages, *Palgrave Macmillan*, 2009.

£14.99



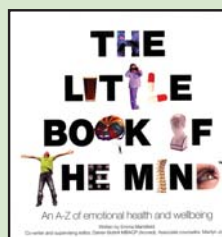
The little book of the mind

Emma Mansfield

Produced in collaboration with Mind, this is a dictionary style A to Z of emotional health and wellbeing. This little but jam-packed book covers an enormous range of topics and demystifies many well and not so well known terms and conditions associated with mental health.

385 pages, *Lovely Little Books*, 2008.

£6.99



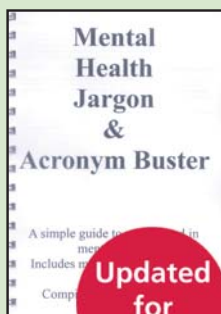
Mental Health Jargon and Acronym Buster

Simon Heyes

Compiled by service user Simon Heyes, this is a simple guide to words and acronyms commonly used in mental health. Useful for service users, carers, professionals and anyone new to UK mental health services. Includes a brief timeline of developments in mental health service provision since 1796.

68 pages, *Speak Up Somerset*, 2011.

£5



Updated for 2011

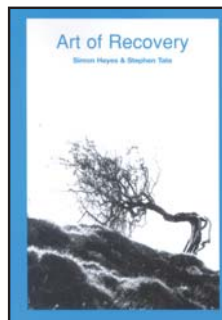
Art of recovery

Simon Heyes

Written in the conviction that recovery is not about finding a miracle cure or returning to how things used to be, this inspiring pocket-sized book encourages the reader to find a better, healthier and more sustainable way of living that recognises the past, accepts the limitations of the present, and is full of hope for the future.

58 pages, *South Somerset Mind*, 2005.

£3.99



Mental health DVDs



Cutting the risk

Produced by the National Self Harm Minimisation Group, Cutting The Risk explores new ways to engage positively and productively with people who self harm. Championing the harm minimisation approach, this DVD is aimed at professionals, while remaining accessible to service users and includes online access to a supporting information pack.

58 mins, NSHMG, 2009.

£30

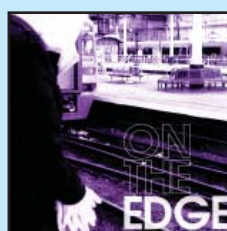


Finding the edge

This DVD package for use with teenagers aged 15-19 includes lesson plans and teaching materials to explore some of the pressures contributing to poor mental health in young people. It examines how society views people with mental health problems and the impact of the resulting stigma.

54 mins, Mind in Croydon, 2009.

£35

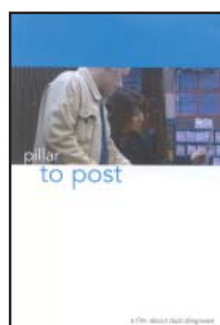


On the edge

Produced by Hull and East Yorkshire Mind and approved by young people, the aim of this new short film is to raise awareness of what depression is and what to do when experiencing symptoms. The film follows the story of a university student who has become depressed after a relationship break up.

10 mins, Hull and East Yorkshire Mind, 2010.

£15



Pillar to post

This film gives an insight into the lives of people with a dual diagnosis of substance misuse and mental health problems. It examines the day-to-day issues faced by someone to whom self-medicating with street drugs seems preferable to psychiatric medication, and illustrates how people in this situation are often pushed between mental health and addiction services.

23 mins, Mind in Croydon, 2001.

£35

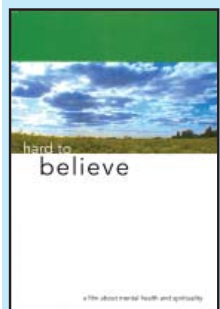


Unspoken

An ideal film for starting off a group discussion. A number of service users talk frankly about how mental health problems have affected their sex lives and relationships. Includes discussion on the effects of medication, how illness and stigma can affect people's relationships, and attitudes within mental health services towards sexuality.

27 mins, Mind in Croydon, 2008.

£35

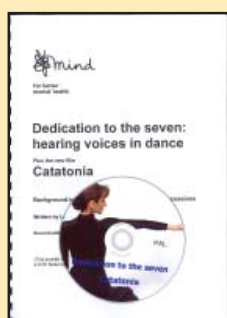


Hard to believe

This film follows three service users, looking at how their spirituality was regarded within the mental health services they used, and the role spirituality played in their recovery. It shows how mental health services can work better to meet people's spiritual needs, and also how faith communities can better understand and support people with mental health problems.

63 mins, Mind in Croydon, 2005.

£35



Dedication to the seven: hearing voices in dance/Catatonia

Louise Pembroke performs two dances about her experience of hearing voices and catatonic states. In conjunction with the supplied booklet this DVD is invaluable as an educational tool for professionals, and is empowering for voice hearers.

26 mins, Mind, 2007.

£14.99



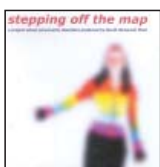
Just listen

This moving DVD sets out to challenge the stigma faced by people who experience mental distress. Four people talk frankly about their experiences and how they would like to see attitudes change. Supplied with a CD containing printable support materials, including suggestions for group discussions.

30 mins, Alpha Films, 2006.

£49

DVDs continued



Stepping off the map

This informative DVD presents a wealth of information about Personality Disorders through the use of spoken word, text, artwork created by service users, and soothing music. It covers what different cluster types have been identified, what is thought to cause them, and what those living with such a diagnosis have found helps them. *38 mins, South Somerset Mind, 2006. £30*

Art of recovery

This inspiring user-made film is a record of a conference on recovery organised by Speak Up Somerset. A range of people talk about creative activities that have helped them on their path to recovery from mental illness, and their stories are intercut with footage of speakers at the conference and of dance, art and music workshops. *27 mins. Speak Up Somerset, 2006. £14.99*



Insight in mind

This film brings together first hand accounts, art, poems, photos and films by individuals who have experienced altered perceptions that depression and mania can cause. It gives insight into what's helped people to cope and move towards recovery. *26 mins. Swings and Roundabouts, 2000. £14.99*

Visible memories

Self-harm is surrounded by stigma and misunderstanding, and such behaviour is often mistakenly labelled as attention seeking or attempted suicide. This film shows examples of statutory and voluntary agencies where there is good practice. *27 mins, One Lung Publications, 1998. £40*



Other resources

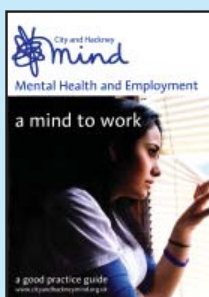
Mental health in the workplace: an employer's guide

This Mind guide demonstrates to employers how thinking about mental health in the workplace can benefit both their business and their employees. With pull-out sections it provides information on:

- the advantages of considering mental health at work
- the nature of mental health problems
- creating a mentally healthy work environment
- supporting staff after a period of mental ill health
- recruiting people with mental health problems
- employment law around mental health
- support for employers



Mind, 2010. £15.99



Mental health and employment: a mind to work

Heidi Cuming

A comprehensive look at new thinking around employment and mental health, this guide uses case studies to highlight the many considerations. Essential for anyone involved in supporting someone with a mental health problem into employment as well as employers considering best practice.

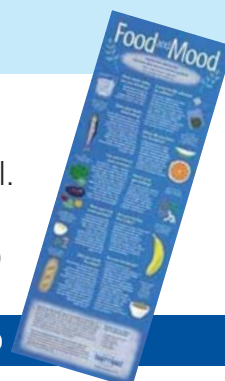
City and Hackney Mind, 2009.

£8.99

Food and mood poster

This colourful poster explores the relationship between what we eat and how we feel. Available to buy individually or in a discounted pack.

Size: 210mm (w) x 592mm (h) **£2.95** each, **£9.99** (pack of 5), **£15.99** (pack of 10)



Other resources

Some things you should know about user/survivor action

Peter Campbell

This Mind pack explains how and why the service user/survivor movement developed, what activists have been fighting for and what the movement has achieved. Although principally aimed at those who are not part of the movement, current activists will also find it an interesting read.

The pack contains 11 pull-out guides including sections on:

- the historical context
- discrimination and service users/survivors
- diversity and the service user/survivor movement
- speaking out for better services
- compulsion and the Mental Health Act
- achievements and challenges

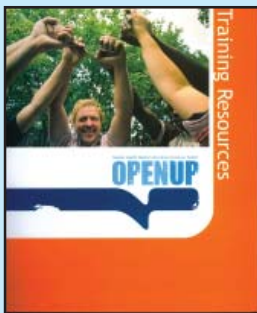


Mind, 2006. **£9.95**

Open up training resource pack

This training pack will take you and your group through the first stages of taking a stand against discrimination and includes:

- a DVD and discussion guide
- handouts
- activity sheets
- a powerpoint presentation
- supporting word files on CD-ROM



Mental Health

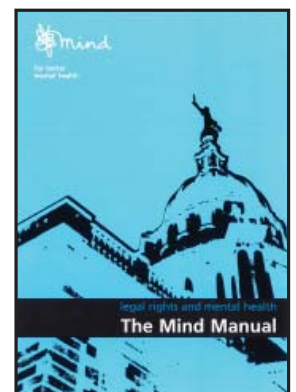
Media, 2004. **£20**

Whether you are running shorter sessions or putting on a full four day course the toolkit includes all the materials you and participants will need.

Legal rights and mental health: the Mind manual

A 250 page resource which is ideal for professionals working in law firms, CABs, local government, social services, hospitals and prisons. The manual provides a comprehensive overview on:

- advocacy and legal advice
- care in the community
- complaints, redress, human rights
- information rights
- incapacity
- discrimination
- legal rights in hospital
- admission for assessment/ treatment and holding powers
- police, courts and prisons
- consent to treatment
- discharge from hospital



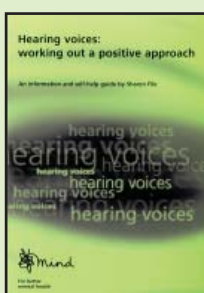
Manual only **£55**, manual plus subscription to 2/4/6 updates **£85/£100/£110**

Hearing voices: working out a positive approach

This workbook presents a cognitive behavioural approach to coping with hearing voices. It explores theories about how and why voices can happen, and explains what CBT is and why it might help. It takes the reader through simple exercises to help them learn about their voices, and explores a range of helpful techniques.

Mind, 2005.

£2.95



Booklets

Information booklets from Mind

Mind's booklets are a trusted source of mental health information. They are ideal for individuals wanting to learn more about mental health topics and for organisations looking for the latest information to distribute to service users.

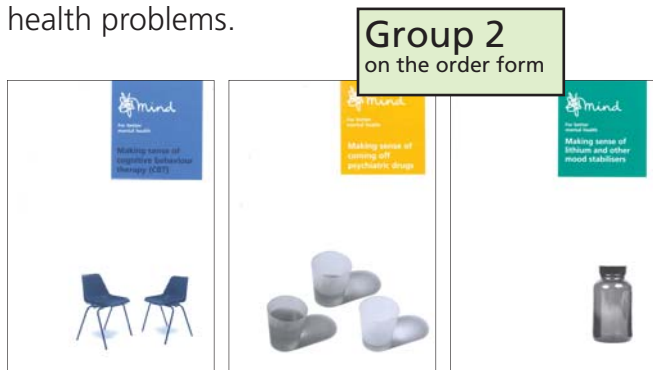
Mind's booklets that cover health and social care issues are produced and updated in line with **The Information Standard**, the scheme developed by the department of health to identify trustworthy and reliable information.

Our *Understanding** and *How to** series give an introduction to mental health diagnoses and topics, guidance for managing mental distress and suggestions for further help and reading. We also provide more in depth guides to treatments and other key issues around mental health in our other key booklet series below.



Making sense of... series*

The eight booklets in this series are designed to give more in depth information on specific treatments used by those experiencing mental health problems.



Mind Rights Guides

Our six Rights Guides are designed to help people who are not legal experts to understand mental health legislation. See order form for a list of topics covered.



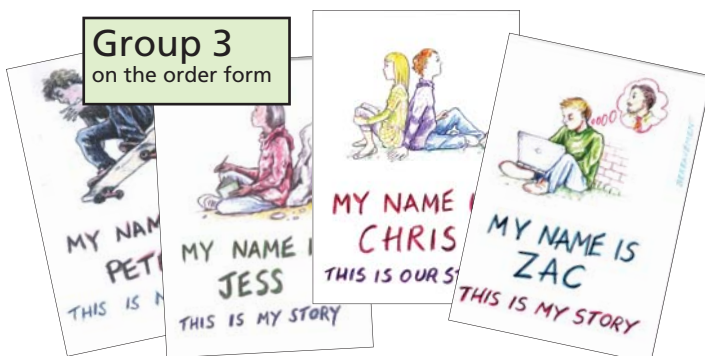
Mind Troubleshooters/ Tips*

These A5 fold-out leaflets can be used as both hand-outs and display posters.



My name is... series

Aimed at young people under 16, these comic-style booklets raise awareness of key mental health issues and provide information for young people experiencing mental distress.



Topics covered include psychosis, anger, eating disorders and bereavement.

Covering four different topics they feature a quick reference factfile and a list of useful contacts.

***Booklets in these series are produced in accordance with the information standard**



Order form

How to order

Please use this side of the form to order any Mind booklets, indicating the quantity required against each item.

Add any books and other resources overleaf together with your delivery and payment details then return the form to:

Mind Publications, 15-19 Broadway, London E15 4BQ or fax to 020 8534 6399

You can also contact us by telephone on 0844 448 4448 or email publications@mind.org.uk

Group 1

Understanding ... series

- Anxiety
- Bipolar disorder (manic depression)
- Borderline personality disorder
- Depression
- Dissociative disorders
- Eating distress
- Mental illness
- Obsessive-compulsive disorder
- Paranoia
- Personality disorder
- Phobias
- Postnatal depression
- Post-traumatic stress disorder
- Psychological effects of street drugs
- Psychotic experiences
- Schizoaffective disorder
- Schizophrenia
- Seasonal affective disorder
- Self-harm
- Talking treatments

How to ... series

- Assert yourself
- Cope as a carer
- Cope with exam stress
- Cope with loneliness
- Cope with sleep problems
- Cope with suicidal feelings
- Cope with the early signs of mental distress
- Cope with the stress of student life
- Deal with anger
- Help someone who is suicidal
- Improve your mental wellbeing
- Increase your self-esteem
- Parent when you're in a crisis
- Rebuild your life after breakdown
- Stop worrying
- Survive family life

The Mind Guide to ... series

- Advocacy
- Food and mood
- Managing stress
- Personal budgets
- Relaxation
- Surviving working life

Mind Rights Guide ... series

- 1 Civil admission to hospital
- 2 Mental health and the police
- 3 Consent to medical treatment
- 4 Discharge from hospital
- 5 Mental health and the courts
- 6 Community care and aftercare

Others

- Keeping on top of your finances*

*This booklet includes the pull-out
Tips for managing your money

- The Mental Health Act 1983: an outline guide

Group 1 booklets are priced:

- any 1 to 9 copies £1.00 each
- any 10 to 99 80p each
- any 100 to 999 75p each
- any 1,000 or more 65p each

<input type="text"/>	copies at	£	<input type="text"/>
=	£	<input type="text"/>	

Group 2

Making sense of ... series

- Antidepressants
- Antipsychotics (major tranquillisers)
- Cognitive behaviour therapy
- Coming off psychiatric drugs
- Counselling
- Electroconvulsive therapy (ECT)
- Lithium and other mood stabilisers
- Sleeping pills and minor tranquillisers

Group 2 booklets are priced:

- any 1 to 9 copies £1.50 each
- any 10 to 99 £1.25 each
- any 100 or more £1.00 each

<input type="text"/>	copies at	£	<input type="text"/>
=	£	<input type="text"/>	

Group 3

My name is ... series

- My name is Chris (anorexia/bulimia)
- My name is Jess (anger)
- My name is Pete (psychosis)
- My name is Zac (bereavement)

Mind troubleshooters/ tips

- Tips for managing your money
- Mind troubleshooters: panic attacks
- Mind troubleshooters: sleep problems
- Mind troubleshooters: stress

Group 3 booklets are priced:

- any 1 to 9 copies 50p each
- any 10 to 99 40p each
- any 100 to 999 35p each
- any 1,000 or more 30p each

<input type="text"/>	copies at	£	<input type="text"/>
=	£	<input type="text"/>	

Total cost of all booklets required £

Order form

Books and other resources

Please use the form below to order any books and other resources not listed overleaf. You can also add an Open Mind subscription if required (postage/special discounts not chargeable on Open Mind).

Title	Quantity	Unit Price	Total Price

Total order

The total price of any booklet order overleaf together with any books and other resources ordered above.

Total order £

Special discounts

Local Minds and Mind members receive a 10% discount on publications orders. Does not include Open Mind subscriptions.

Total with discount £

Posting and packing (not charged on Open Mind subscriptions)
Add 10% for all UK orders (min 60p, max £35).
Add 25% for overseas orders (min £1.00).

Total with postage and packing £

Payment method

- I enclose a cheque for £.....
- Please send an invoice to my organisation (I attach an official order, or company letterhead including invoice address if different from delivery).
- Please charge my Mastercard/Visa/Delta/Maestro card

Card No: _ _ _ _ / _ _ _ _ / _ _ _ _ / _ _ _ _

Valid from date: _ / _ / _ _ Expiry date: _ / _ / _ _

Issue No: _ _

Security code (last 3 digits on signature strip) : _ _ _

Cardholder's name and address if different from above:

Signature: _____

Date: _____

Delivery details

Please use BLOCK CAPITALS for your details

Name: _____

Address: _____

Postcode: _____

Email: _____

Daytime telephone: _____

Orders are normally dispatched by second class post or equivalent, within 10 days. If you mark your order 'urgent' we will prioritise it.

Our product range is regularly updated, telephone 0844 4484448 or visit our online shop to check stocks and prices if you are using this form after autumn 2011.

We may occasionally send you information about other Mind publications. Please tick the box if you do not wish to receive mailings such as this one in the future.