

Self Help Mental Health

Newark & Sherwood PBC Consortium 

Recommended sources of (free) information

Northumberland, Tyne and Wear 
NHS Foundation Trust

Mental Health Self Help Guides
www.ntw.nhs.uk/pic


- Alcohol and You
- Anxiety
- Bereavement
- Controlling Anger
- Depression
- Depression and Low Mood
- Eating Disorders
- Domestic Violence
- Food for Thought
- Health Anxiety
- Hearing Voices
- Obsessions and Compulsions
- Panic
- Post Natal Depression
- Post Traumatic Stress
- Self Harm
- Shyness and Social Anxiety
- Sleep Problems
- Stress
- **Plus 3 guides for prisoners**



Shining a light on the future




This website contains read only and downloadable guides for use by patients and carers.



the MoodGYM
TRAINING PROGRAM / Mark III

MoodGYM: A popular interactive program which incorporates Cognitive behaviour therapy for depression. It was first launched in 2001 and is now in its third revision. MoodGYM has been extensively researched and its effectiveness has been demonstrated in randomised controlled trials.
www.moodgym.anu.edu.au



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A free interactive online program teaching helpful ways of thinking about life's problems.

Over 300,000 registered users worldwide.

Like an interactive self-help book with feedback along the way.

Contains online exercises to help you work out how to handle challenges in your life.

A personalised workbook provides diaries for you to record your thoughts and feelings.



MoodGYM was created by the ANU Centre for Mental Health Research. (www.cmrh.anu.edu.au)
Ongoing delivery of the program is made possible through funding provided by the Australian Commonwealth Department of Health & Ageing.

MoodGYM is an online program for preventing & coping with depression & generalised anxiety disorder

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