

Self Help Booklets

Group/Organisation Address: Northumberland Tyne and Wear Foundation Trust

Email:

Website: web.ntw.nhs.uk/selfhelp/

Postcode: N/A

Telephone Number:

Access Times:

Extra Information: Visit the website to view or download a wide range of self help booklets. Titles include: Abuse Alcohol and You Anxiety Bereavement Controlling Anger Depression Depression and Low Mood Domestic Violence Eating Disorders Food for Thought Health Anxiety Hearing Voices Obsessions and Compulsions Panic Post Traumatic Stress Post Natal Depression Self Harm Shyness and Social Anxiety Sleeping Problems Stress Prisoner Anxiety Prisoner Depression and Low Mood Prisoner Post Traumatic Stress

Type of Services:

Type of Condition or Health Subject:

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