

Health and Wellbeing Books

Healthcare Library (HCLS) Health & Wellbeing Book Collections

Our libraries stock a wide range of books covering Health and Wellbeing. Subjects include **Mindfulness, Meditation, Depression, Self-Esteem, Anxiety, Menopause, Dementia and Mental Health in general**. There is a vast amount of evidence that supports the value of reading to support and improve our health and wellbeing.

Explore the collections below and then search the library catalogue at www.swims.nhs.uk to find out which books we have. We can borrow books from other NHS libraries for you if there is a particular title that you are after that we don't have.

The Reading Agency

<https://readingagency.org.uk/our-programmes-and-campaigns/reading-well/>

The Agency recommends books that are chosen by health experts and people living with various conditions. The Reading Well scheme helps you to understand and manage yours and others health and wellbeing with reading. There are reading lists available on the following topics,

[Reading Well for Mental Health](#)

[Reading Well for Teens](#)

[Reading Well for Children](#)

[Reading Well for Dementia](#)

The Healthcare Libraries have some of these books on the shelves but we can get any books we don't have from other libraries for you.

Uplifting resources for the NHS from the NHS

<https://library.nhs.uk/staff-learners-and-employers/uplifting-resources/>

NHS England and the [Reading Agency](#) have crowd-sourced a list of uplifting, resources for NHS staff. The books include fiction, poetry and self-help guides. The full suite of, which also include digital resources, were recommended by NHS people for NHS Ideal for boosting your mood.

Books can be borrowed from NHS libraries across England and anyone can access the poems, podcasts and videos online at their leisure via any computer or mobile device.

Online Wellbeing Hubs for staff

HHFT <https://extranet.hampshirehospitals.nhs.uk/hr-and-staff-wellbeing>

HIOW <https://staff.hiowhealthcare.nhs.uk/wellbeing>

All Hampshire NHS staff <https://www.hiowpeople.nhs.uk>

Royal Marsden Manual online

Chapter 19; Self-care Wellbeing for Nurses – HHFT staff only

Access is via the intranet or with a HHFT OpenAthens account login. <https://extranet.hampshirehospitals.nhs.uk/online-systems> under Online Systems or by logging in with your NHS OpenAthens account. This chapter considers why care self-care is important and explores specific strategies to maintain wellbeing

How to borrow a book

You will need to join the library to borrow library books. If the library isn't staffed when you visit borrow please email us and provide your name, card number, the book title and barcode.

Further support

- **Library as a space to work, reflect and relax**
- **Chaplaincy**
- **Health & Wellbeing support in your local Trust**
- **All our libraries have PC access**
- **24 hour access available at some locations**

More resources can be found on the library website at

<https://www.hantshealthcarelibrary.nhs.uk/health-and-wellbeing-resources>

Full contact details and opening times for all of our libraries

www.hantshealthcarelibrary.nhs.uk/libraries.asp

Email us:

Library.basingstoke@hhft.nhs.uk

Library.winchester@hhft.nhs.uk

Library.services@southernhealth.nhs.uk