

## **The Book Prescription Scheme**

NHS Fife Psychology Department and Fife Council Library Service

### **What is the Book Prescription Scheme?**

We have selected a number of self help books for local libraries. These are books that can help you to cope with emotional and psychological problems. Many people experiencing such difficulties have found self-help material to be very useful.

### **How do I get the books?**

The books can be accessed through Fife Library Services by presenting a prescription issued by your G. P. or other health professional. If you do this then the self-help book can be borrowed for up to six weeks. Alternatively, you can just go to the library and choose a book yourself.

### **Do I have to have a library membership to use this service?**

You do not need to already be a member of the library but you will be asked to sign a membership form when you first use this service. By joining the library you can also borrow non-prescribed books.

### **Is this service confidential?**

Library staff will not disclose information about which books are being borrowed or who is borrowing books. Library staff will treat you with respect.

### **What problems can the books help with?**

The books we have chosen can help with many problems. The MoodCafe website gives details of all the books. You can also use it to check if the book is available at your local library.

### **What if the book I request is not available?**

There are several copies of each book in each library branch, however if all copies are out on loan, the librarian can order you a copy from another branch.

### **What if I want to keep the book longer than 6 weeks?**

Simply contact the library and they will extend your loan period.

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