

Dyslexia-friendly self-help resources on common mental health conditions

The following resources are alternatives to print or audio books.

Video

- 1) Wellbeing Services South Glasgow
<http://wellbeing-glasgow.org.uk/resources>
- 2) 'Garry McDonald talks about anxiety'
<https://www.youtube.com/watch?v=OaoS4QdGwgo>
- 3) Scottish Association of Mental Health
<http://www.samh.org.uk/news-resources/video-2.html>
- 4) SANE (a leading UK mental health charity)
<https://www.youtube.com/user/charitySANE/featured>
- 5) 'I had a Black Dog, his name was depression' by Matthew Johnstone
<https://www.youtube.com/watch?v=XiCnILQGYc>

Comics / graphic novels

- 1) 'Helping friends with anxiety' by Richard Amos
 - A series of web comics
 - Illustrate ways to help friends and close ones manage mental health
<https://untruth.tumblr.com>.
- 2) 'Where is Momentum / There is Momentum' by Richard Amos
 - A comic / graphic novel
 - Tells a fictional story of a life consumed by anxiety
<http://www.amosed.com/listing/487012115/where-is-momentum-there-is-momentum>
- 3) List of graphic novels and comic books featuring themes of mental health and mental illness
 - You can add your own items to this list if you wish
http://www.goodreads.com/list/show/82993.Graphic_Novels_about_Mental_Illness

Audio

- 1) 'Moodjuice' self-help audio guides by NHS Scotland
 - Self-help and relaxation audio guides
 - Introduce common mental health problems
 - Describe methods for overcoming them
<http://www.moodjuice.scot.nhs.uk/asppodcast.asp>
- 2) 'Moodzone' audio guides to boost your mood by the NHS
 - Mental wellbeing podcasts
 - Give simple advice on what you can do to boost your mood
<http://www.nhs.uk/Conditions/stress-anxiety-depression/Pages/moodzone-mental-wellbeing-audio-guides.aspx>

- 3) Wellbeing Services South Glasgow
<http://wellbeing-glasgow.org.uk/audio-resources>
- 4) MIND charity
 - Interviews of people with lived experience on a range of conditions
 - Also a series of pocasts on MIND's mental health at work campaign
<https://soundcloud.com/mindcharity>
- 5) Dyslexia Scotland podcasts
 - Interviews of dyslexic adults by a journalist
 - Some of these include discussion of mental health
<https://soundcloud.com/dyslexiascotland>
- 6) The Listening Project by BBC and the British Library
 - Intimate conversations collected since 2012 between friends or relatives
 - You can search the conversations by theme at
<http://www.live.bbc.co.uk/programmes/articles/MrHK9VQvVkc6Jc8m2CzL7k/find-a-conversation>
<http://www.bbc.co.uk/radio4/features/the-listening-project>.
- 7) Story Corps
 - The equivalent of 'The Listening Project' in the USA.
 - Started in 2003.
<https://storycorps.org>

Picture books

- 1) 'I had a Black Dog - his name was depression' by Matthew Johnstone
- 2) 'Quiet the Mind - An Illustrated Guide on How to Mediate' by Matthew Johnstone.
 - A practical book that shows you how to meditate.
<http://matthewjohnstone.com.au/courses/quiet-the-mind>

Workbooks / guides

- 1) 'MoodJuice' self-help guides by NHS Scotland
 - Very dyslexia-friendly with pictures, diagrams, bullet points etc.
 - Workbooks
<http://www.moodjuice.scot.nhs.uk/Professional/pdfGuides.asp>
- 2) Centre for Clinical Interventions resources
<http://www.cci.health.wa.gov.au/resources/consumers.cfm>

Dyslexia-friendly courses

- 1) 'Stress Control'
 - Cognitive behavioural therapy (CBT) based self-help course presented in 6 weekly classes
 - Self-referred

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- Details of course at <https://stresscontrol.org/course>
 - For details of courses running in Edinburgh ask Health in Mind tel. 0131 243 0106 / email contactus@health-in-mind.org.uk
 - For advice on how to find courses outside Edinburgh ask Scottish Association for Mental Health tel. 0141 530 1000 / email enquire@samh.org.uk
- 2) 'Living Life to the Full' DVD course
 - 3) 'Living Life to the Full Interactive' www.aod.litffionline.co.uk
 - 4) Online video courses by Wellbeing Services South Glasgow
 - Anxiety Management
 - Controlling your temper
 - Mood matters
 - Better sleep<http://wellbeing-glasgow.org.uk/resources>

Blog posts

- 1) 'Books and Wellbeing'
 - 3 posts published on the Self Management Network Scotland blog
 - explore the impact that books and an absence of them can have on a dyslexic individual's wellbeing
 - suggest ways in which dyslexic adults can use books and other resources to self-manage common mental health conditions.<http://smns.alliance-scotland.org.uk/2016/03/books-and-wellbeing-part-1>
- 2) SANE blog
 - Features personal experiences of mental ill health
 - You can submit your own post via the websitehttp://www.sane.org.uk/how_you_can_help/blogging
- 3) SANE stories
 - As for SANE blog abovehttp://www.sane.org.uk/how_you_can_help/through_your_eyes

Leaflets / summaries / factsheets

- 1) 'Talking About' series by NHS Health Scotland
<http://www.healthscotland.com/search/results.aspx?q=talking%20about>
- 2) Brief Information sheets and Worksheets by Centre for Clinical Interventions
<http://www.cci.health.wa.gov.au/resources/mhp.cfm>
- 3) Brief information webpages on common mental health conditions by SANE
http://www.sane.org.uk/resources/mental_health_conditions
- 4) The Dyslexia-Stress-Anxiety Connection
A fact sheet by the International Dyslexia Association
<https://app.box.com/s/q4mjeez1p8dy8v1b24dappq931r85xfz>

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- 5) Leaflets and factsheets on depression by Action on Depression
<http://actionondepression.org/action-publications>
- 6) Factsheets by Edspace
<http://edspace.org.uk/factsheets>

This list was compiled by an anonymous dyslexic adult.

You can add your own recommendations to this list in a comment to this blog post:

<http://www.disabilityscot.org.uk/engaging-with-books-for-dyslexic-wellbeing>.

You can post comments anonymously if you wish.

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