

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

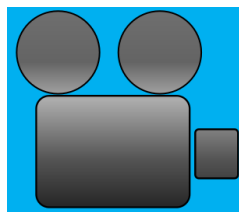
Version 9, 15 May 2018

This list is available free in electronic copy at

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

This list is of *alternatives* to books. For a corresponding list of books please visit

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



Video

- 1) Wellbeing Services South Glasgow
<http://wellbeing-glasgow.org.uk/resources>
- 2) Headtalks (for a topic index scroll down to below the pictures)
<https://www.headtalks.com/videos>
- 3) Scottish Association of Mental Health
<https://www.youtube.com/user/SAMHfilms/playlists>
- 4) SANE (a leading UK mental health charity)
<https://www.youtube.com/user/charitySANE/playlists>
- 5) Anxiety: personal experience of
<https://www.youtube.com/watch?v=OaoS4QdGwgo>
- 6) Depression: 'I had a Black Dog, his name was depression'
<https://www.youtube.com/watch?v=XiCrniLQGYc>



Comics / graphic novels

- 1) 'Anxiety is Really Strange' by Steve Haines and Sophie Standing
<https://www.jkp.com/uk/anxiety-is-really-strange-2.html>
- 2) 'Trauma is Really Strange' by Steve Haines and Sophie Standing
<https://www.jkp.com/uk/trauma-is-really-strange-33900.html>

- 3) List of comics and graphic novels about mental health

http://www.goodreads.com/list/show/82993.Graphic_Novels_about_Mental_Illness



Audio

- 1) 'Moodjuice' self-help audio guides by NHS Scotland
<http://www.moodjuice.scot.nhs.uk/asppodcast.asp>
 - Self-help and relaxation audio guides
 - Introduce common mental health problems
 - Describe methods for overcoming them
- 2) 'Moodzone' audio guides to boost your mood by the NHS
<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
<https://soundcloud.com/mindcharity>
- 5) Headtalk podcasts
<https://www.headtalks.com/podcasts>
- 6) Centre for Clinical Interventions, Australia
http://www.cci.health.wa.gov.au/resources/infopax.cfm?Info_ID=56
Audio files for meditation along with links to a mobile app called Worry Time
- 7) TED Talks:
Emotional first aid: <https://www.youtube.com/watch?v=F2hc2FLOdhl>
Vulnerability: <https://www.youtube.com/watch?v=iCvmsMzIF7o>
Shame: <https://www.youtube.com/watch?v=psN1DORYYV0>
- 8) Podcast on depression: <http://shonkylab.roguetwo.com/depression/>
 - An informal chat about depression. None of the hosts are professionals but all have personal experience of depression.
- 9) Dyslexia Scotland podcasts
<https://soundcloud.com/dyslexiascotland>
 - Interviews of dyslexic adults by a journalist
 - Some include discussion of mental health

10) The Listening Project by BBC and the British Library

<http://www.bbc.co.uk/radio4/features/the-listening-project>

- 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>

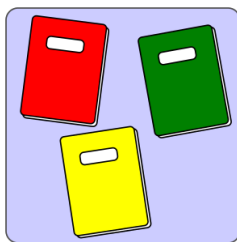
11) Story Corps

- The equivalent of 'The Listening Project' in the USA.
 - Started in 2003.
 - Searchable by topic
- <https://storycorps.org>



Picture books

- 1) 'I had a Black Dog - his name was depression'
- 2) 'Quiet the Mind - An Illustrated Guide on How to Mediate'
<http://matthewjohnstone.com.au/courses/quiet-the-mind>



Workbooks / guides

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



Courses

1) Stress Control

<https://stresscontrol.org/course>

- Cognitive behavioural therapy (CBT) based self-help course
- Presented in 6 weekly classes
- Self-referred
- 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 elsewhere ask Scottish Association for Mental Health tel. 0141 530 1000 / email enquire@samh.org.uk

2) Living Life to the Full

<https://littf.com>

- online course for stress, anxiety and depression

3) Online video courses by Wellbeing Services South Glasgow

<http://wellbeing-glasgow.org.uk/resources>



Blog posts

1) Dyslexic Self-Esteem

<https://alifelessordinaryds.wordpress.com/2018/01/19/dyslexic-self-esteem>

2) Dyslexia, Mental Health and Stigma

<https://alifelessordinaryds.wordpress.com/2017/02/10/dyslexia-mental-health-and-stigma>

3) Write to Recovery

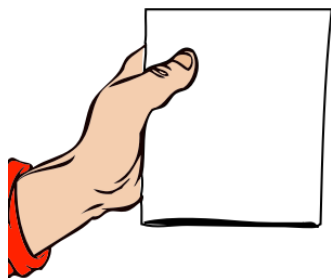
<https://www.writetorecovery.net/read>

4) SANE blog

http://www.sane.org.uk/how_you_can_help/blogging

5) Headtalks

<https://www.headtalks.com/blog/true-stories>



Leaflets / summaries / factsheets

- 1) The Dyslexia-Stress-Anxiety Connection - A fact sheet by the International Dyslexia Association
<https://app.box.com/s/q4mjeez1p8dy8vlb24dappq931r85xfz>
- 2) Dyslexia Scotland's leaflet on self-esteem
<http://www.dyslexiascotland.org.uk/our-leaflets>
- 3) NHS Inform (Scotland's health information service)
<https://www.nhsinform.scot/healthy-living/mental-wellbeing>
- 4) Centre for Clinical Interventions information sheets
<http://www.cci.health.wa.gov.au/resources/mhp.cfm>
- 5) SANE
http://www.sane.org.uk/resources/mental_health_conditions
- 6) Action on Depression
<http://actionondepression.org/action-publications>
- 7) Edspace
<http://edspace.org.uk/factsheets>



Book reviews

- 1) 'Dyslexia and Mental Health'
<https://alifelessordinaryds.wordpress.com/2016/09/23/book-review-dyslexia-and-mental-health-by-neil-alexander-passe>
- 2) 'The Writer's Key'
This book helps you use creative writing for emotional wellbeing
<https://womenslibrary.org.uk/2016/10/21/the-writers-key-a-book-review>

- This list was compiled by an anonymous dyslexic adult with contributions from 2 other dyslexic adults.
- 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.

For further information on dyslexia please visit Dyslexia Scotland's website <https://www.dyslexiascotland.org.uk>