



Books on Prescription in Walsall

What is Books on Prescription? (BOP)

This is a scheme where GPs and other health professionals may 'prescribe' self health books for their patients on a range of mental health issues. The books have been assessed and recommended by mental health professionals. The collections are based at 6 Walsall Libraries (Walsall Central, Aldridge, Bloxwich, Brownhills, Darlaston and Willenhall)

If I am recommended a book, does that mean I would not receive any other treatment?

No. Books on Prescription do not replace other sorts of treatments or medications. They will help you to learn more about the symptoms you are experiencing as well as strategies and skills for managing and improving the way you are feeling. A patient's treatment will be a decision made by a GP.

What if I am not a member of the library?

You can join the library immediately at any district library or on the internet and it is free of charge. Staff will help you.

How long can I keep the book for?

Books are loaned for 4 weeks free of charge but if you need it for longer, you can renew it provided that nobody else is waiting for it. You can renew books by phone by calling the Library Line on 01922 709256, or over the internet or in person at the library.

What if the book doesn't help?

The books may not be helpful to everyone. If this is the case, you should contact your GP or mental health professional for further advice.

Is the service confidential?

It is completely confidential. Staff do not give out any information about who is borrowing the book or what the book is about.

Can anyone else read the books?

Yes, all the books are freely available for anyone to read. Staff will be pleased to show you where they are. Walsall Libraries stock many more books on all kinds of health-related matters. You can see what is available by visiting your local library or by looking at the online catalogue <http://libcat.walsall.gov.uk/>



Walsall Council



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