



yourgoodself

*Cork's Positive
Self Help Programme*

HSE SOUTH CORK

Primary Care Psychology Services

in partnership with

Cork County & City Library Services



Being healthy means more than looking after our bodies...

...we also need to take care of our emotional well-being



From infancy to older adulthood, families and communities can take an active part in making sure that they stay well emotionally.

Books, CDs, DVDs, and lists of online resources which can help you to develop practical skills to cope positively with life's challenges, are available at your local participating library.

These have been hand-picked and reviewed by HSE Psychologists and other Health Professionals and cover a variety of topics from bereavement to stress, from parenting to low self-esteem and many more.

Lists of these materials are available in your local participating library and on the Cork County and City Library websites. These materials are just a sample of the wide variety of resources available at your local library. Many of the libraries also host occasional talks on emotional well-being- check your local participating library for details.



Some questions that you might have about the programme

How do I find out more?

Go to your local participating library to find further information about the programme. In the library you can look at the materials in your own time. The books, CDs etc. are clearly identified and displayed together. A book or CD may have already been recommended to you or you may want to choose from the recommended list yourself. Talk to library staff about borrowing the items. New items will be added to the programme over time.

What does it cost?

Speak to a staff member about becoming a member if you wish to borrow the materials. Please check your local participating library for full details of membership fees.



Who is the programme for?

Everybody!

"anybody who is into self reflection or who wants to learn a little more about their own mental health"

"...if there is a particular problem, say parents are worrying about their own children"

Comments above about Your Good Self taken from Health Professionals

"We all have difficulties from time to time. At different times in our lives we are faced with challenges. As a parent we might worry about our baby and how to help them get the best out of life. Children and teenagers can be overwhelmed by problems in their friendships. Someone who has lost their job may not feel confident about themselves. If you are approaching retirement, you might be anxious about what the future holds. Your Good Self has materials for people of all ages, children, teenagers, parents, adults and older adults."

There are materials for people of all ages, including parents, children, teenagers & adults.



What if what I'm looking for is not in the library?

If what you are looking for is already out on loan, ask the library staff to request a copy for you. Requests can also be made to borrow items from nearby libraries.

Will this help me?

Your Good Self is a bibliotherapy programme. Bibliotherapy means using information to look after your emotional health. Research studies have shown that bibliotherapy can be helpful for mild to moderate depression and anxiety.

There is good evidence that information helps people better understand their emotional health and gives them practical ideas to try and improve their emotional well-being

If you need extra help, talk to your GP or the person who told you about this programme and they will help you to get further assistance.

Feedback about the programme so far

"I have learned the correct approach for both of us...

when I finished reading the book...I thought it was so much our lives that the author of the book must be looking in our windows"

Quote from someone who has used Your Good Self

"It helps them to understand more about their problems and maybe treatment options and what avenues they can pursue, so it kind of self educates and self explains

Quote from Health Professional about Your Good Self

"We in Cork County Library are very happy to partner with Cork City Libraries and the HSE to make this very valuable programme available"

Quote from County Librarian about Your Good Self



To find out more about the Programme in the following participating branches, contact:

Cork County Libraries

Ballincollig Library	021 487 3024
Bandon Library	023 884 4830
Bantry Library	027 50460
Mallow Library	022 21821
Mitchelstown Library	025 41939
Mobile Library (County Library HQ)	021 454 6499
Skibbereen Library	028 22400
Youghal Library	024 93459

Cork City Libraries

The City Library, Grand Parade	021 492 4900
Blackpool Library	021 492 4933
Bishopstown Library, Wilton	021 492 4950
Douglas Library	021 492 4931
Hollyhill Library	021 492 4928
Mayfield Library	021 492 4935
Tory Top Library	021 492 4934

www.hse.ie/yourgoodself



For opening hours and more information, check out;

Cork County Library www.corkcoco.ie/library

 @corkcolibrary  <http://www.facebook.com/corkcocolibrary>

Cork City Libraries : www.corkcitylibraries.ie

 @corkcitylibrary  <https://www.facebook.com/CorkCityLibrary>

HSE South Cork Primary Care Psychology Services

Email: yourgoodself@hse.ie www.hse.ie/yourgoodself

