



Resources for carers

Additional information resources you may find helpful in your
caring role



The publications listed in this booklet can provide you with additional information about the person you are caring for.

If you would like a copy of any of the following publications please circle the publications number and ask a member of staff who will be happy to print a copy for you.

Information leaflets produced by Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust

10. About the Consent Form
20. About the Consent Form - Easy read
30. Access to Health Records
31. Access to Health Records - Easy read
40. Advance Decisions and Statements
50. Advance Decisions and Statements - Easy read
60. Care Co-ordination
70. Care Co-ordination - Easy Read
80. Have Your Say Leaflet
90. Have Your Say Leaflet - Easy read
100. Information that the Trust keeps about you
101. Information that the Trust keeps about you - Easy Read
110. Patient Advice and Liaison Service (PALS) - North of Tyne
120. Patient Advice and Liaison Service (PALS) - South of Tyne
130. Sharing Letters with Service Users
140. Sharing Letters with Service Users - Easy read
150. What is Safeguarding Adults?
170. Family Meetings

Information from the National Institute for Health and Clinical Excellence

190. **Antisocial Personality Disorder**
This guideline is concerned with the treatment of people with antisocial personality disorder across a wide range of services including those provided within mental health (including substance misuse) services, social care and the criminal justice system.
200. **Attention Deficit Hyperactivity Disorder**
This booklet is about the care and treatment of people with attention deficit hyperactivity disorder. It is mainly written for parents of child with ADHD but there is also information for young people and adults.
210. **Bipolar Disorder**
This booklet is about the care and treatment of people with bipolar disorder. It is written for adults, children and adolescents with bipolar disorder but it may also be useful for their families or carers or for anyone with an interest in the condition.
220. **Borderline Personality Disorder**
This booklet is about the care and treatment of people with borderline personality disorder. The booklet aims to help you understand the care and treatment options that should be available in the NHS.
230. **Computerised Cognitive Behavioural Therapy**
Information about CBT for people with depression and anxiety, their families and carers, and the public.
240. **Dementia: supporting people with dementia and their carers**
This booklet is about the support and treatment of people with dementia in the NHS. It is written for people with dementia and their carers, but it may also be useful for anyone with an interest in the condition.
250. **Diagnosing autism in children and young people**
This booklet is about recognising and diagnosing autism in the NHS. It is mainly written for parents and carers of children and young people who have autism but there is also information for young people themselves.

260. **Eating Disorders: anorexia nervosa, bulimia nervosa and related eating disorders**
This booklet is about eating disorders and the treatments available. It is written for patients, carers and those with little medical knowledge.
270. **Getting help and support for common mental health disorders**
This booklet is about the care and treatment of people with common mental health problems including depression, post traumatic stress disorder and social anxiety disorder.
280. **Mental health problems during pregnancy and the year after giving birth**
This booklet is about the care and treatment of women with mental health problems during pregnancy and in the first year after giving birth.
290. **Physical health problems caused by drinking alcohol**
This booklet is about the care and treatment of people with certain alcohol related physical health problems.
300. **Post-traumatic Stress Disorder (PTSD): the treatment of PTSD in adults and children**
This information is about the treatment and care of people with post-traumatic stress disorder (PTSD). It may also be useful for family members and those who care for people with PTSD.
320. **Psychosis and schizophrenia in adults: treatment and management**
This booklet is about the care and treatment of people with schizophrenia. It is written for people with schizophrenia but it may also be useful for their families or carers or for anyone with an interest in the condition.
330. **Self-Harm: short-term treatment and management**
This booklet describes self harm and the treatments available and is intended for people aged 8 years and older who have harmed themselves, and for their families and carers.

340. **The treatment of depression in children and young people**
This booklet is aimed at young people (aged 12–18) with depression, but it can also help parents, friends and guardians understand the treatments you and younger children can expect to receive.
350. **The use of electroconvulsive therapy**
This booklet is about Electroconvulsive therapy (ECT). It is written for patients, carers and those with little medical knowledge.
360. **Treating depression in adults**
This information explains the advice about treating people with depression.
370. **Treating depression in adults with a long-term physical health problem**
This booklet is about the care and treatment of depression in people with a long-term physical health problem.
380. **Treating generalised anxiety disorder and panic disorder in adults**
This booklet is about the care and treatment of people with generalised anxiety disorder or panic disorder.
390. **Treating harmful drinking and alcohol dependence**
This booklet is about the care and treatment of adults and young people who drink alcohol in a way that is harmful or who are dependent on alcohol.
400. **Treatment and support for people with psychosis who use drugs and/or alcohol**
This booklet is about the treatment and care of people with psychosis who use drugs or alcohol (or both).
420. **Treatments for drug misuse**
This booklet is about the care and treatment of adults and young people aged 16 and over who have drug problems. It is written for people who have drug problems but it may also be useful for their families or carers or for anyone with an interest in drug misuse.

430. **Treating obsessive-compulsive disorder (OCD) and body dysmorphic disorder (BDD) in adults, children and young people**
Although this information has been written mainly for adults and children and young people with OCD or BDD, it may also be useful for family members, those who care for people with OCD and BDD.
440. **Violence and depression in people with mental health problems in health or social care settings.**
This booklet describes how to manage disturbed/violent behaviour in psychiatric units, wards and emergency departments.
450. **When to suspect child maltreatment**
This booklet explains how to recognise the signs of possible child maltreatment (alerting features). It is written for members of the public.
460. **You and your prescribed medicines: enabling and supporting patients to make informed decisions**
The booklet aims to help you understand how healthcare professionals should enable you to make informed choices by involving and supporting you in decisions about prescribed medicines.

Information from the Royal College of Psychiatrists

470. **Alcohol and Depression**

This leaflet contains some basic facts about alcohol and depression, how to help yourself, how to help people you care for, how to get further help, and where to find more information.

480. **Anxiety, Panic and Phobias**

This leaflet deals with three particular kinds of anxiety: generalised anxiety disorder, panic attacks and phobias. It is for anyone for whom anxiety is a problem but also for friends and relatives.

490. **Bereavement**

This leaflet is for anyone who has been bereaved, their family and friends, and anyone else who wants to learn more. This leaflet contains information about how people normally grieve after a loss, unresolved grief, sources of help and information and how friends and relatives can help.

500. **Bipolar Disorder**

This leaflet is for anyone who wants to know more about bipolar disorder (sometimes called bipolar affective disorder or manic depression). It is helpful for anyone who has bipolar disorder, their friends and relatives.

510. **Cannabis and Mental Health**

This leaflet looks at the research on the effects of cannabis use and mental health and is for anyone who is concerned about the issue.

520. **Complementary and Alternative Medicines in mental health – acupuncture, yoga, massage and other physical treatments**

This leaflet is for anyone who wants to know more about using complementary and alternative medicines (CAMs) for mental health problems. It covers Acupuncture, TENS, aromatherapy, homeopathy, yoga, reiki and other physical treatments.

530. **Complementary and Alternative Medicines in mental health – Herbal remedies and nutritional supplements**
This leaflet is for anyone who would like to try complementary medicines for a mental health problem covering herbal medicines, foods and nutritional supplements, such as vitamins and minerals.
540. **Depression**
This leaflet is for anyone who is, or has been depressed. It describes what depression feels like, some of the help that is available, how you can help yourself and how to help someone else who is depressed.
550. **Depression in Older Adults**
This leaflet is written for people over 65 who have depression. It will also be helpful for relatives, friends and carers. It covers the symptoms of depression, how it can be helped and some suggestions for further reading.
560. **Anorexia and bulimia**
This leaflet deals with two eating disorders – anorexia nervosa and bulimia nervosa. It describes the two disorders separately.
570. **Depression and men**
This leaflet is for any man who feels depressed, anyone whose husband, partner, brother, father and male friend seems depressed. Men seem to suffer from depression just as often as women, but they are less likely to ask for help. This leaflet gives some basic facts about depression, how it can affect men, and how to get help.
580. **Mental health in pregnancy**
The leaflet will help you learn about mental health problems in pregnancy, how to stay well during pregnancy and after the birth of your baby, how to decide whether or not to take medication in pregnancy and what help and support there is for pregnant women with mental health problems.
590. **Obsessive Compulsive Disorder**
This leaflet is for anyone who has problems with obsessions or compulsions, their family and friends and anyone else who wants to find out more.

600. **Personality Disorders**
This leaflet is for anyone who has been given a diagnosis of personality disorder - and also for their family and friends.
610. **Coping with Physical Illness and Mental Health**
Many of us will, at some time, have a serious physical illness. Both the illness, and the treatment for it, can affect the way we think and feel. This leaflet is for anyone who has a serious physical illness and for their friends or relatives.
620. **Post Natal Depression**
This leaflet is for anyone who suffers from postnatal depression (PND). It will also be helpful to family and friends and to anyone who wants to know more about this problem. The leaflet describes what it's like to have PND, ways of helping yourself and some of the treatments available.
630. **Post Traumatic Stress Disorder**
This leaflet is for anyone who has been through a harrowing experience, who has been exposed to abuse or torture, or who knows someone to whom this has happened.
640. **Problem Gambling**
This leaflet is for anyone who is worried about their gambling their family, partner and friends or anyone whose gambling has become a problem.
650. **Schizophrenia**
This leaflet is for you if you have a diagnosis of schizophrenia, you think you might have schizophrenia, you know someone with this diagnosis or you just want to know more about this.
660. **Self Harm**
This leaflet about self-harm and is for anyone who is harming themselves, or feels that they might. It will also be helpful for their friends and families.
670. **Shyness and Social Phobia**
This leaflet is for anyone who finds shyness a problem, or who suffers from a social phobia. It may also be helpful for friends or family.

680. **Sleeping Well**

If you have trouble sleeping - or know someone who has - this leaflet is for you. It covers common problems with sleep, as well as some of the more unusual problems that can happen. There are some simple tips on how to sleep better, and how to decide if you need professional help.

700. **Spirituality and Mental Health**

This leaflet is for anyone who has an interest in spirituality and mental health, anyone with a mental health problem, carers and relatives and professionals who may not be sure about how to explore spiritual issues with their clients.

710. **Alcohol and Older People**

This leaflet is for older people who are worried about their drinking, carers, friends or health professionals who are worried about an older person's drinking and anyone who wants to know more about the problems of drinking and older people.

720. **Antidepressants**

This leaflet is for anyone who wants to know more about antidepressants. It discusses how they work, why they are prescribed, their effects and side-effects, and alternative treatments.

730. **Anti psychotic medication**

This leaflet may be helpful if you have been prescribed antipsychotic medication, a friend or relative has been prescribed antipsychotic medication or you just want to find out about antipsychotic medication.

740. **Cognitive Behavioural Therapy**

This leaflet is for anyone who wants to know more about Cognitive Behavioural Therapy (CBT). It discusses how it works, why it is used, its effects, side-effects, and alternative treatments.

750. **Coping after a Traumatic event**

This leaflet may be useful if you have been through a traumatic experience and want to understand more about how you are feeling. It describes the kind of feelings that people have after a trauma, what to expect as time goes on, and mentions some ways of coping/coming to terms with what has happened.

760. **Depot Medication**
This leaflet explains what Depot Medication is, how and when it is used and the effects and side effects.
770. **Drug treatment of Alzheimer's Disease**
This leaflet is about the drugs used to treat Alzheimer's disease. It discusses how the drugs work, why they are prescribed, their side-effects and alternative treatments.
780. **Electroconvulsive Therapy (ECT)**
This leaflet is for anyone who wants to know more about ECT (Electro-convulsive therapy). It discusses how it works, why it is used, its effects and side-effects, and alternative treatments.
790. **Medications for Bipolar**
This leaflet is for anyone who wants to find out about the medications used to help stabilise unhelpful mood swings and to control mania. It discusses how they work, why they are prescribed, their effects, side-effects and some alternatives.
800. **Dementia and memory problems**
This leaflet discusses the possible causes of poor memory and how to seek help if you are concerned about your own memory or someone else's.
820. **Psychotherapies**
This leaflet is for anyone interested in finding out more about Psychotherapy. It describes what Psychotherapy is about and how to access Psychotherapy services.

Information from Mind

180. **How to cope when supporting someone else**
Gives practical suggestions for what you can do and where you can go for support.
840. **How to cope with loneliness**
Loneliness is one of our greatest dreads. Most of us have felt it. Most of us have feared it. Yet, it is a subject that is rarely talked about. This booklet outlines the causes of loneliness and what you can do to overcome it.

850. **How to cope with sleep problems**
This booklet is for people who are having difficulties with sleep. It looks at the nature of sleep, the causes of insomnia and other sleep problems, and describes self-help approaches and the professional help available.
860. **How to cope student life**
Student life is exciting. But it can also be very pressured and stressful. A lot has to be achieved in the limited time available. This booklet is aimed at students and their families. It focuses on some of the anxieties that they are likely to encounter as student life begins, and suggests ways of coping.
870. **How to cope with suicidal feelings**
This booklet is for anyone who has feelings of hopelessness on an ongoing basis and has thoughts about taking their own life. It explains why you may have suicidal feelings and provides some options to help you look forward and break the circle of your negative thoughts.
890. **How to cope with anger**
This booklet is for anyone who wants to learn how to deal with anger in a constructive and healthy way. It is also for anyone with a friend or family member who has problems with anger.
910. **How to increase your self esteem**
This booklet will help you to challenge negative feelings and beliefs you hold about yourself. It explains where these beliefs come from, how they become fixed and gives suggestions to help you change them.
920. **How to manage stress**
This booklet is for anyone who wants to know how to deal with stress and how to learn to relax. It explains when and how stress can be bad for you, and provides helpful strategies for dealing with it and where to go for further help.
930. **How to cope as a parent with a mental health problem**
This booklet aims to help parents who experience mental health problems to avoid reaching crisis point.

950. **How to support someone who feels suicidal**
Suicidal feelings are frightening and painful for the person who is experiencing them and for partners, family, friends and colleagues. Anxiety and confusion about what to do and how to cope can add to a distressing situation. This booklet is for anyone who wants to gain an understanding of these feelings and to find a way to respond.
960. **The Mind guide to advocacy**
Mental health advocacy has developed in the United Kingdom, over the last twenty years, as one way of challenging the discrimination faced by users and survivors of the mental health system. Advocacy in all its forms seeks to ensure that people are able to speak out, to express their views and defend their rights.
970. **The Mind guide to exploring food and mood**
This guide explains how food and nutrition can significantly affect your mental and emotional health. It explains which food can cause problems, which foods can help, why and how to change your diet for the better.
990. **The Mind guide to the Mental Health Act 1983**
This booklet sets out the main sections of the Mental Health Act 1983 and outlines your rights if you are under those sections.
1000. **Understanding anxiety and panic attacks**
This booklet looks into the causes of anxiety, its effects and what to do to reduce it to a manageable level. It also provides some information about severe anxiety, including panic attacks and panic disorder.
1010. **Understanding bipolar disorder**
This booklet is for anyone who has been given a diagnosis of bipolar disorder (manic depression), and for their family and friends. It describes the possible causes and discusses the diagnosis and where they can get help. It also looks at what people can do to help themselves.
1020. **Understanding borderline personality disorder**
This booklet aims to explain what the diagnosis means, and for those who are given this diagnosis, what can and should happen next. It suggests sources of help for people diagnosed with BPD, their friends and relative.

1030. **Understanding depression**
This booklet describes the symptoms of depression and the different kinds of treatment available. It suggests ways that people can help themselves, and what family and friends can do. It also tells you where to find further advice and information.
1040. **Understanding dissociative disorder**
This booklet describes what dissociation is and what types of dissociative disorders there are. It also discusses what might cause them and what the options are for effective treatment.
1050. **Understanding eating problems**
This booklet is for anyone who is affected by eating problems, such as anorexia, bulimia, binge eating and compulsive eating. It describes the signs and effects of eating problems, suggests possible causes and looks at the kinds of treatment available.
1060. **Understanding mental health problems**
This booklet outlines the different types of mental illness, possible causes and symptoms, and the treatments available. It also looks at ways people can help themselves, and where they can go to get further support and information.
1070. **Understanding obsessive compulsive disorder**
The symptoms of OCD can be very distressing and can disrupt normal life. This booklet gives a brief introduction to obsessive-compulsive disorder, looks at what support is available and how people can help themselves.
1080. **Understanding paranoia**
This booklet describes the feelings and experiences associated with paranoia. It explores possible causes, steps you can take to recognise when fears might be exaggerated and suggests techniques to help you change the way you react to suspicious thoughts. It also discusses professional treatment, and how friends and family can help.

1090. **Understanding personality disorders**
Borderline personality disorder (BPD) is a controversial diagnosis. This booklet aims to help people to understand when the diagnosis might be given and its consequences. It suggests sources of help for those diagnosed with this problem, their friends and relatives.
1100. **Understanding phobias**
A phobia is an over-intense fear of a situation or an object that wouldn't generally worry others to the same extent. This booklet outlines the different types of phobia, and gives advice on how to live with a phobia and find help if you are a sufferer.
1110. **Understanding post natal depression**
This booklet explains the possible causes of postnatal depression, describes the signs to look out for, and tells you what can be done to help.
1120. **Understanding post traumatic stress disorder**
Post-traumatic stress disorder (PTSD) may emerge months or sometimes years after a traumatic experience, affecting your ability to lead your life as you'd like to. This booklet describes the causes and the symptoms and tells you what help is available and how to get it.
1130. **Understanding psychosis**
Psychotic experiences, such as hearing voices or experiencing delusions, are surprisingly common, but can also lead to diagnoses such as schizophrenia or bipolar disorder. This booklet explains what the experiences are like, what might cause them, available treatments and what family and friends can do to help.
1140. **Understanding schizoaffective disorder**
This booklet looks at the symptoms of schizoaffective disorder, how doctors make a diagnosis, what treatments are available and what you can do yourself.
1150. **Understanding schizophrenia**
This booklet provides reliable information for you if you have the diagnosis or are a relative of someone who has, as well as some practical advice on how to help yourself.

1160. **Understanding seasonal affective disorder**
SAD is a problem which affects 1-3 per cent of the UK population each year between October and April. It can be seriously disabling for some people, who experience lethargy, sleepiness and poor concentration. This booklet will help you find out if you have SAD, and then show you where to find help.
1170. **Understanding self harm**
Self-harm is really a broad term for many acts which cause personal harm whether deliberate or not. It can incorporate a wide spectrum of self-abusive patterns. This booklet will help you to understand Self-harm in all of its forms, find help whether you harm yourself, or are concerned about a relative or friend.
1180. **Making sense of talking treatments**
A brief guide to the different talking treatments that are available, who might benefit from them and who you can contact about getting this type of help.
1190. **Understanding the mental health effects of street drugs**
This booklet is for anyone who takes street drugs, and for those who are concerned about them. It gives a brief summary of what is known about the mental health effects of taking the most commonly used street drugs. It also gives information about what help you may expect if you use street drugs and also have mental health problems and therefore have 'dual diagnosis.
1220. **Rights guide 3: consent to medical treatment**
This booklet answers some of the more common questions concerning consent to medical treatment under the Mental Health Act 1983. With information on what to do if you do not want the treatment you are offered and which treatments may be given without your consent. Fully revised in 2009 to reflect new legislation, in particular amendments made to the Mental Health Act 1983 by the Mental Health Act 2007.

1230. **Rights guide 4: discharge from hospital**
What do I do if I am detained in hospital against my will? This booklet tells you where to find help, who can tell you your rights, and how to apply to be discharged. It gives information on the mental health tribunal and the rights of your nearest relative.
1240. **Rights guide 5: mental health and the courts**
This booklet is designed to answer some of the more common questions concerning mental health and the courts. It outlines what happens when the police charge you with an offence, and what 'unfit to plead' means, as well as what happens if you are remanded to prison.
1250. **Rights guide 6: community care and aftercare**
This booklet is designed to answer some of the more common questions about obtaining mental health support services in the community or on leaving hospital.
1260. **Making sense of anti depressants**
This booklet is aimed at anyone interested in learning more about antidepressants. It starts with general information that applies to all antidepressants, then gives information specific to the different types of antidepressants (tricyclics, SSRIs, MAOIs etc), followed by details specific to the individual drugs.
1270. **Making sense of antipsychotics**
This booklet is aimed at anyone interested in learning more about the drugs prescribed for sleeping problems and/or anxiety. It explains why these drugs may be prescribed, what their effects are (including side effects), who should avoid them and what happens when people want to withdraw from them.
1280. **Making sense of cognitive behaviour therapy**
This booklet is for anyone interested in knowing more about CBT. It explains who and what it's for, and how to access it.
1290. **Making sense of coming off psychiatric drugs**
Many people want to come off psychiatric medication. This booklet looks at why these medicines are prescribed, the possible effects of coming off them, the best way to withdraw successfully, and how to tell the difference between withdrawal and relapse.

1310. **Making sense of ECT**

ECT is a controversial treatment. Many people say it is barbaric, but equal numbers vouch for its ability to help them. This booklet asks what is involved in ECT - including a guide to informed consent, and a demonstration of what exactly happens to the brain during treatment.

1320. **Making sense of lithium and other mood stabilisers**

This booklet is for people who are taking mood stabilising drugs, their friends, family or carers. It explains what the drugs do, and their benefits and drawbacks in the treatment of bipolar disorder (manic depression), recurrent depression, and similar mood disorders.

1330. **Making sense of sleeping pills and minor tranquilisers**

This booklet is aimed at anyone who is interested in learning more about the drugs prescribed for sleeping problems and/or anxiety.

Information from South London and Maudsley NHS Foundation Trust

1390. **Medicines Information leaflets**

Patient information leaflets, which provide an overview of medicines, side-effects and how to manage them. Please ask a member of staff if you need information about any medication you are taking. South London and Maudsley NHS Foundation Trust



Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust has been awarded a Triangle of Care Gold Star Award. The award recognises the Trusts commitment to ensuring all staff adopt good practice when working with carers and families.

Further information about the content, reference sources or production of this booklet can be obtained from the Patient Information Centre. If you would like to tell us what you think about this leaflet please get in touch.

This information can be made available in a range of formats on request (eg Braille, audio, larger print, BSL, easy read or other languages). Please contact the Patient Information Centre
Tel: 0191 246 7288

Published by the Patient Information Centre 2019

Copyright, Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust

Ref, PIC October 2019 V5

www.cntw.nhs.uk

Tel: 0191 246 7288

Review date 2022



CNTWNHS



@cntwnhs