

Mental health leaflets from Health Scotland

Talking about anxiety



This leaflet is written for people who are experiencing anxiety, and for their friends and family. It provides basic information about anxiety: what it feels like, the possible causes and the various sources of help available.

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- [View text version](#)
 - | [View pdf version \(49 Kb\)](#)
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Talking about postnatal depression



This leaflet is written for mothers who are experiencing post-natal depression, and for their families and friends. It provides basic information about post-natal depression: what it feels like, the possible causes and the various sources of help available.

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- [View text version](#)
 - | [View pdf version \(55 Kb\)](#)
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Talking about bereavement



This leaflet has been written for people who have recently been bereaved and for their families and friends. It explains what bereavement is, and looks at the different ways people can be affected and what this feels like.

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- [View text version](#)
 - | [View pdf version \(39 Kb\)](#)
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Talking about Attention Deficit Hyperactivity Disorder (ADHD)



This booklet is for adults and young people who have ADHD. It is also for families and friends, and for people who would like to know more about how ADHD affects people. It contains information on how to get help, books on ADHD, and a selection of useful sites on the internet.

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- [View pdf version \(262 Kb\)](#)
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Talking about personality disorders



This booklet is for people diagnosed with personality disorders and for their families and friends. It explains what it is like to have a disorder, looks at the causes, and provides basic information about the kind of treatment and support available. It suggests some sources of further help, and references to other reading materials and organisations that can provide information for those who want to find out more. A selection of useful sites on the internet is included.

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- [View pdf version \(259 Kb\)](#)
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Publications catalogue 2005-2006



A catalogue which is a listing of NHS Health Scotland publications for health care professionals and members of the public.

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- [View pdf version \(1888 Kb\)](#)
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Mental health and well-being in later life - Report of a regional seminar programme April - May 2004



A report based on three regional seminars which built on previous work undertaken by Health Scotland, focusing on a range of themes in relation to mental health and well-being in later life. It aimed to identify and prioritise the key issues to help guide local and national policy, the development of future initiatives, and promoting and stimulating interest in the Health in Later Life regional interest groups. The report

includes sections on transitions, spirituality, developing and maintaining relationships, and keeping healthy keeping active, and maintaining capacity and independence.

- [View pdf version \(796 Kb\)](#)
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Mental health and well-being in later life: older people's perceptions



Report based on research commissioned by the Scottish Executive and Health Scotland. One of the key aims of the research was to support older people to prioritise the issues that affect mental health and well-being in later years. The report contains a description of the research context and sections on each of the priority areas: family and friends, positive attitudes, keeping active, maintaining capability and independence, negotiating transitions, and issues relating to older people within minority groups were also explored.

- [View pdf version \(963 Kb\)](#)
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Mental health and well-being in later life - Report of a workshop held at the Stirling Management Centre 10 - 11 March 2003



Report of a policy workshop on mental health and well being and older people. It aimed to find ways of promoting, sustaining and developing older people's mental health and addressing the main barriers to staying mentally healthy. Includes sections on social isolation and justice, ageism, physical and mental health, and planning for the future.

- [View pdf version \(579 Kb\)](#)
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Twenty-first century MANUAL (magazine)



Magazine which is part of a range of health information for men giving contacts for help and advice. Focuses on mental health with sections on healthy living, stress, dealing with anger, seeking help, helping friends, relaxation, and drugs.

- [View pdf version \(653 Kb\)](#)
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The Mix - Discussing young people and health



Twice yearly newsletter aimed at anyone with an interest in or active involvement with promoting young people's health and well-being through policy, practice and research. Contains information on key health initiatives, case studies of involving young people in planning and service delivery, young people and mental health, teenage transitions, publication and contacts.

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- [View pdf version](#) (1096 Kb)
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Family break-ups: A guide to how to cope when parents split up



An 11 page fold-out leaflet giving advice for young people on how to cope when their parents split up. (Number 5 in the 'r u ok' series)

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- [View pdf version](#) (414 Kb)
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r u friends?: A guide to making, keeping and helping friends



Leaflet for young people which tries to answer some questions on making friends and friendships. (Number 3 in the 'r u ok' series)

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- [View pdf version](#) (1280 Kb)
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r u sad?: A guide to what you can do when you're sad



Leaflet for young people giving advice on coping with feeling sad or unhappy. (Number 2 in the 'r u ok' series)

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- [View pdf version](#) (288 Kb)
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Note: Pdf versions require [Adobe Acrobat reader](#).

r u worried?: A guide to what you can do when you're feeling worried



Leaflet for young people giving advice on what to do when feeling worried.(Number 1 in the 'r u ok' series)

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- [View pdf version \(279 Kb\)](#)
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When someone dies ... : How to cope when someone dear to you is gone



Leaflet for young people giving advice on coping with the loss of someone close.(Number 4 in the 'r u ok' series). This is the front cover only of the leaflet. It is recommended that the content of this leaflet is discussed in a one-to-one meeting with a young person. Professionals can request copies from their local Health Promotion Department.

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- [View pdf version \(310 Kb\)](#)
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r u ok? - A supporting guide



Guide for parents, carers, teachers, play workers, youth workers and others wishing to use Health Scotland's 'r u ok?' leaflets with children aged 8-12. Sections on children and mental health and well-being, reasons behind the leaflet topics and age ranges, distribution, using the leaflets in discussion, and further support and information for adults and children. Also contains guidelines about internet use.

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- [View pdf version \(64 Kb\)](#)
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Cool heads, stress central



Booklet designed to help young people with life and mental health related issues. Gives information/ advice to help with various traumas they might be facing or might have to in the future. What to do to keep their heads clear and in good working order as well as plenty of tips on beating stress. Includes a Cool Contacts section for other sources of information, help and advice.

- [View pdf version \(983 Kb\)](#)
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The health promoting workplace: a simple guide



One of the 'Workplace Health Promotion Guides' series for employers to take action to prevent ill health and promote good health. Brief guide looking at the concept of the health promoting workplace stating the advantages to both employers and employees. Describes the stages of researching, planning and implementing a health promotion initiative. Section on sources of help.

- [View text version](#)
 - [View pdf version \(132 Kb\)](#)
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Twenty-First Century Manual (card)



Fold-out card leaflet (business card size) - part of a range of health information for men giving contacts for help and advice.

- [View pdf version \(77.2 Kb\)](#)
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Twenty-First Century Manual (poster)



Poster - part of a range of health information for men giving contacts for help and advice.

- [View pdf version \(100 Kb\)](#)
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Talking about depression



This leaflet is written for people who have recent experience of depression, and for their friends and family. It provides basic information about depression: what it feels like, the possible causes and the various sources of help available.

- [View text version](#)
 - | [View pdf version \(46 Kb\)](#)
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Talking about stress



Booklet describing what stress is, the possible sources of stress, what it feels like, what can be done, getting help, and advice if you are a family member or friend of someone experiencing stress. A list of useful contacts and further reading material is provided.

- [View text version](#)
 - | [View pdf version \(49 Kb\)](#)
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Head kit: tools for healthy minds in healthy bodies



Booklet giving information, facts and suggestions to enable young adults and their associates to acquire knowledge and understanding of a range of mental health issues relevant to them. Includes contacts for further help and advice.

- [View text version](#)
 - | [View pdf version \(867 Kb\)](#)
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Head kit poster



Poster for materials giving information, facts and suggestions to enable young adults and their associates to acquire knowledge and understanding of a range of mental health issues relevant to them. Includes entry box for contact and HEBSWeb address.

- [View pdf version \(867 Kb\)](#)
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Head kit: contacts for a cooler head



Fold out card giving basic advice and contacts to enable young adults and their associates to acquire knowledge and understanding of a range of mental health issues relevant to them. Contacts list for further help and advice includes brief descriptions of organisation and both phone and web addresses.

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- [View text version](#)
 - | [View pdf version \(867 Kb\)](#)
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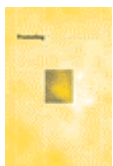
Stress in the workplace: a simple guide



One of the 'Workplace Health Promotion Guides' series for employers to take action to prevent ill health and promote good health. Brief guide to provide key information on action which may be taken in relation to stress. Sections include symptoms of stress, causes, taking positive action, and resources available.

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- [View text version](#)
 - | [View pdf version \(180 Kb\)](#)
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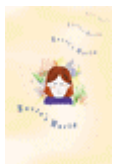
Promoting positive mental health



A guide developed for a broad audience of people working at strategic and operational levels, in a range of sectors and settings. The purpose of the guide is to develop understanding of the impact of everyday work on people's mental health.

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- [View text version](#)
 - | [View pdf version \(169k Kb\)](#)
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Rosie's world



A teacher's handbook, which is part of a package of materials including a video. 'Rosie's World' provides you and the children with a starting point for introducing, and putting into practice, skills which are critical for good mental and emotional health, positive self esteem, good relationships and behaviour.

- [View pdf version \(5,850 Kb\)](#)
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Talking about eating disorders



This leaflet has been written for people who use food to cope with distressing feelings. It provides information for those who themselves are experiencing an eating disorder or for whom eating causes distress, as well as for their families and friends. It looks at the different ways people are affected, the possible causes and the various sources of help available.

- [View text version](#)
 - | [View pdf version \(55 Kb\)](#)
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Talking about phobias



This leaflet is written for people who suffer from a phobia and for their family and friends. It provides information about phobias - of which there are a number of different types - and describes what it can be like to have a phobia.

- [View text version](#)
 - | [View pdf version \(52 Kb\)](#)
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Talking about schizophrenia



This leaflet provides basic information both for people who have been advised by their doctors that what they are experiencing is schizophrenia, and for their family and friends. It looks at what schizophrenia is like for those affected, at possible causes and at what sort of help is available.

- [View text version](#)
 - | [View pdf version \(49 Kb\)](#)
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Talking about self-harm



This booklet is for people who self harm. It may also be help family, friends and professionals to understand some of the reasons why people harm themselves. It provides information about self-harm and suggests sources of further help.

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- [View text version](#)
 - | [View pdf version \(51 Kb\)](#)
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Facing Dementia



A booklet for those who are either worried about dementia or who have been diagnosed. It provides reassurance and suggests practical steps to improve or maintain dignity and the quality of life as far as possible.

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- [View text version](#)
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