A quick overview of the latest guidance and evidence on current issues such as smoking, sexual health, health inequalities, mental health, obesity, substance abuse, women's health – in fact anything that you ask for!
If you have a topic suggestion, please email it to Rachel Posaner. Previous searches can be found at: http://bit.ly/1H6QOQk

International Federation of Library Associations and Institutions (IFLA)

**Theme: Libraries supporting mental, social and physical wellbeing**

Central Europe 2020 Bibliotherapy project

Poetry performance supporting well-being for young people

The Love & Friendship Bus

More articles from this themed newsletter can be found here

Arts Council England

Hearts and minds

The health and wellbeing benefits of public libraries

Public library activity in the areas of health and wellbeing

Carnegie UK Trust

Public libraries have untapped potential to improve wellbeing

Future of Public Libraries

Speaking Volumes: the impact of public libraries on wellbeing

Social Care Online

The effectiveness of creative bibliotherapy for internalizing, externalizing, and prosocial behaviors in children: a systematic review

Creativity and social support in mental health: service users’ perspectives

Scopus

Acceptability of bibliotherapy for patients with cancer: A qualitative, descriptive study

Roberts, N. et al.

ONF 2016, 43(5), 588-594

Exploring digital fiction as a tool for teenage body image bibliotherapy

Ensslin, A. et al.

Digital Creativity, 27(3): 1-19

Bibliotherapy interventions for female low sexual desire: erotic fiction versus self-help

Palaniappan, M. et al.

Sexual and Relationship Therapy, 31(3): 344-358

Horror and aggression in children’s creative writing: implications for bibliotherapy and child development

Suvilehto, P.

Journal of Poetry Therapy, 29(2): 105-115

Perfectionism and Mindfulness: Effectiveness of a Bibliotherapy Intervention

Wimberley, T.E. et al.

Mindfulness, 7(2): 433-444

Books do furnish a mind: The art and science of bibliotherapy

Bate, J. et al.
Society of Chief Librarians

Universal health offer

Reading Well Books on Prescription. Using the reach of libraries to secure better public health

Chartered Institute of Library and Information Professionals (CILIP)

Visit your library: it’s good for your health

Does bibliotherapy work?

Our Good Health - 21 October 2015 (includes links to presentation slides)

Reading Agency

Announcing the Reading Well Books on Prescription scheme

Reading Well (quick guide to project)

Reading Well Books on Prescription evidence base

Books on Prescription (project website)

2014-15 Evaluation: Reading Well Books on Prescription

Launch of Reading Well for young people

Worcestershire Health Libraries

Bibliotherapy and Reading to Patients

Public Health Wales

The first incomplete field guide to wellbeing in libraries (Oct. 2012)

ReLit – the Bibliotherapy Foundation

Who we are

Bibliotherapy toolkit

Online Course (includes link to the MOOC on Futurelearn)

The Lancet, 387(10020): 742-743

The Use of Bibliotherapy With Adolescents and Their Families
Pierce, L.M.

The potential of educational comics as a health information medium
McNicol, S.
Health Information and Libraries Journal, June 2016

Interventions to improve the experience of caring for people with severe mental illness: Systematic review and meta-analysis
Yesufu-Udechuku, A. et al.
British Journal of Psychiatry, 206(4): 268-274

Google Scholar

Books on Prescription – community-based health initiative to increase access to mental health treatment: an evaluation

Bibliotherapy and Other Self-Administered Treatment

Treating nighttime fears in young children with bibliography: Evaluating anxiety symptoms and monitoring behavior change

Bringing Bibliotherapy for Children to Clinical Practice

Blogs and other news

Worried sick: CBT and bibliotherapy for somatic symptom disorder and illness anxiety disorder (National Elf Service, Aug. 2016)

Ask a bibliotherapist: how books can help soothe troubled minds (Guardian, May 2016)

Books can make us better...the role of bibliotherapy in prevention (Prevention Library blog, April 2016)

Can Reading Make You Happier? (New Yorker, June 2015)

Bibliotherapy: Can you read yourself happy? (BBC, Jan. 2015)

A dose of prose: bibliotherapy (Guardian, Nov. 2011)

Bibliotherapy (article collection; Huffington Post)
Welcome to the Bibliotherapy Toolkit

Emergency Poet

The world’s first and only mobile poetic first aid service

How it works