

Reading Well Books on Prescription at your local library

<https://www.northyorks.gov.uk/health-and-wellbeing-resources-your-library>

The Reading Well Books on Prescription scheme helps people manage their own health and wellbeing through recommended self-help books endorsed by health experts. People can be recommended a title by a health professional, or they can visit their local library and take a book out themselves. The titles can be [searched for and requested online](#) or [ask at your library](#) and request them free of charge.

Currently four book lists are available:

- [Books on Prescription for common mental health conditions](#)
- [Books on Prescription for dementia](#)
- [Books on Prescription for young people's mental health \(Shelf Help\)](#)
- [Books on Prescription for long-term conditions](#)

Books from all Reading Well collections can be requested for free via all libraries in North Yorkshire with a valid library card. There are also no late fees on any of the items from these collections. Joining the library is also free of charge and enables library members to enjoy a variety of resources, including online resources like: -

- e-books and downloadable audiobooks (OverDrive, RBdigital and Ulverscroft),
- e-magazines (RBdigital),
- e-comics and e-graphic novels (ComicsPlus) and
- newspapers on line (PressReader and Newsstream) and
- many other resources like encyclopedias, job hunting resources, family history and educational resources for children.

Mood-boosting books

Research suggests that reading for 30 minutes a week increases health and wellbeing. Reading is known to have many health-boosting properties, including reducing stress, improving memory and providing relaxation and enjoyment. The [Reading Well Mood-boosting books scheme](#) is a national promotion of uplifting novels, non-fiction and poetry selected by individuals and reading groups from around the country. [Borrow a book](#) - it may do you the world of good!

To find out more about what North Yorkshire library services have to offer and to find your nearest library please visit:

www.northyorks.gov.uk/libraries

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