



Bibliotherapy

The use of books for therapeutic purposes is known as 'bibliotherapy'. Self-help books have been used in this way for many years and the effectiveness of bibliotherapy has been well established in clinical trials. It is now often recommended as a means of providing psychological therapy for people experiencing mild to moderate depression, anxiety and other mental health issues. Children's books are an accessible and gentle way to help children understand issues they are experiencing or difficult situations they may find themselves in. Bibliotherapy can also be supportive of parents and caregivers to know how to interact with, talk to and manage children who are experiencing psychological, behavioural and environmental difficulties.

Recent government schemes such as 'Healthy Ireland' have provided libraries and GPs with a list of high quality self-help books which have been reviewed and selected by top health professionals to promote health and wellbeing. This list includes books recommended for children, families and adults to help with topics including anxiety, depression, parental separation, self-esteem, bullying, parenting, anger, bereavement, addiction and many more. You can find this extensive booklist and more information about bibliotherapy at hse.ie/powerofwords. The booklist can be found at the "[Read the booklist here](#)" hyperlink at the bottom of the page.

Your Local Library

All books on this list can be accessed through your local library, which is free to join. Local library staff can assist and guide users through the bibliotherapy collection. You can join the library and search the catalogue online at librariesireland.ie/join-the-library or in person at your local library. As all public libraries now share a single system, books not stocked in your local library can be requested from other libraries by you and will be delivered to your library.

To find your nearest library see southdublinlibraries.ie/find-library or dublincity.ie/main-menu-services-recreation-culture-dublin-city-public-libraries-and-archive/locations-hours.

Other useful Links:

Dublin West Primary Care Psychology Services Page Information about our service and our own reading list are available on this page: www.hse.ie/dublin-west-primary-care-psychology

Healthy Ireland Book List librariesireland.ie/healthy-ireland/healthy-ireland-book-list

Jigsaw – Read Your Mind Book Project: an extensive list of books for young people with summaries and reviews. This can be viewed and downloaded at and is available in Clondalkin Library: www.jigsaw.ie/jigsaw_tallaght/news-and-events/post/read-your-mind

Reading Well Many recommendations for health and wellbeing. Has great resources for teenagers: www.reading-well.org.uk