

<b>Activity name</b> <i>Give a brief descriptive name for the activity you were involved in organising related to mental health and well-being</i>	Reading Well – Books on Prescription Scheme
<b>Target group</b> <i>Was it aimed at all students or staff or a particular group?</i>	Students and staff
<b>Description</b> <i>Give a short description of what was involved in organizing the activity.</i>	We bought 4 themes to set up our self-help collection; Mental Health, Dementia, Long Term Health Conditions and Young People's Mental Health. They cost around £350 each theme. We promoted the scheme via social media, student newsletter and the library webpage. We use the books to signpost students to especially if they are waiting a while for a GP or University well-being appointment.
<b>Partners</b> <i>Was this solely run by the library or were other stakeholders involved, and if so how?</i>	Library
<b>Strategy</b> <i>How, if at all, was the activity linked into wider library or institutional strategy?</i>	Linked to University student well-being strategy. Scheme was suggested by campus EDI lead who has seen the scheme in public libraries.
<b>Evaluation</b> <i>How, if at all, was the activity evaluated?</i>	We created satisfaction forms and bookmarks which we place in every book. We have a feedback post box on the shelf too.
<b>What worked</b> <i>Colleagues are looking for tips to help them run their events more effectively, what tips would you share to someone wanting to repeat what you have done?</i>	The space we chose to shelve the books was in a secluded corner. This was to try to prevent any concerns or stigma associated with using the collection. This same area is now being used for a Switch off Zone and houses our Leisure Reading collection too so it has become a multi-functional space. We launched the Reading Well collection on University Mental Health day and we advertise the scheme regularly on social media for Awareness Days linked to health and wellbeing.
<b>What did not work</b> <i>What you would change if you were doing it again? Sharing what did not work can be as useful to help others as what did work.</i>	
<b>Resources</b> <i>Is there a URL related to the initiative?</i>	<a href="https://reading-well.org.uk/books/books-on-prescription">https://reading-well.org.uk/books/books-on-prescription</a>
<b>Your name, institution and contact details.</b> Katie Austin, University of Hull, <a href="mailto:katie.austin@hull.ac.uk">katie.austin@hull.ac.uk</a>	
<b>Are you willing to share your contact details to other ALN staff so if they want to find out more they can contact you directly?</b>	

Yes