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| ALN Logo  **Mental Health Advocacy Resource: Template** | |
| **Activity name**  *Give a brief descriptive name for the activity you were involved in organising related to mental health and well-being* | Reading Well – Books on Prescription Scheme |
| **Target group**  *Was it aimed at all students or staff or a particular group?* | Students and staff |
| **Description**  *Give a short description of what was involved in organizing the activity.* | 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. |
| **Partners**  *Was this solely run by the library or were other stakeholders involved, and if so how?* | Library |
| **Strategy**  *How, if at all, was the activity linked into wider library or institutional strategy?* | Linked to University student well-being strategy. Scheme was suggested by campus EDI lead who has seen the scheme in public libraries. |
| **Evaluation**  *How, if at all, was the activity evaluated?* | We created satisfaction forms and bookmarks which we place in every book. We have a feedback post box on the shelf too. |
| **What worked**  *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?* | 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 Heath day and we advertise the scheme regularly on social media for Awareness Days linked to health and wellbeing. |
| **What did not work**  *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.* |  |
| **Resources**  *Is there a URL related to the initiative?* | https://reading-well.org.uk/books/books-on-prescription |
| **Your name, institution and contact details.** Katie Austin, University of Hull, katie.austin@hull.ac.uk | |
| **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?**  Yes | |