Publisher submissions invited for new adult mental health strand of Reading Well

We invite publisher submissions of new and recently published titles for consideration by an expert panel for a new adult mental health strand of the Reading Well scheme. Please find below background information to the scheme, selection criteria and submission details.

Background to Reading Well

Reading Well provides expert-endorsed reading in public libraries to support people to understand and manage their health and wellbeing. The programme was launched in 2013 with a list for adult common mental health conditions. The success of the first list was continued with the launch of Reading Well for dementia in January 2015, Reading Well for young people in April 2016 and Reading Well for long term conditions in 2017. The books are available in 98% of English public library authorities and since its launch the programme has reached over 778,000 users.

In its first year, publisher sales of the titles in the adult mental health scheme increased by 70% across the list and loans increased by 113%. Loans of the dementia list increased by 346% in the year after its launch, and loans of the young people’s list increased by 152% following launch in comparison to the same period the previous year.

Call for titles for new booklist

The Reading Agency and Society of Chief Librarians are now developing a new list to replace the 2013 adult mental health conditions booklist. The list will be targeted at adults aged 18+ and will provide both condition-specific and general information and advice on living with a mental health condition. The range of books being considered includes information-based non-fiction, self-help, fiction, memoir and graphic novels.

The final selection of titles will be made by a panel of experts by profession and lived experience, and will be endorsed by health partners supporting the scheme. The recommendations of public library staff and health professionals will be taken into account when selecting the list, alongside publisher submissions. The new scheme will launch nationally in public libraries in June 2018.
Selection criteria

We are pleased to invite the submission of AIs or summaries of books for the new scheme.

Please do not send print copies at this stage as these will not be considered. Publishers are welcome to submit as many titles via email that they feel are relevant to the new booklist.

Books should be aimed at adults aged 18+ with mental health conditions and/or their families and carers. We are not considering titles aimed at health professionals.

Please send titles with publishing dates from 2013 onwards (i.e. have been published since the launch of the original adult mental health book list) and titles that will be published by February 2018.

Titles need to be available as print titles (either or hardback or paperback) and titles with a range of formats available (e-books, audio, large print) will be prioritised.

Submissions are welcome on the following:

- Titles providing information and advice about mental health and wellbeing
- Titles that focus on particular therapies and recognised mental health treatments (for example CBT, ACT, mindfulness, information on types of medication)
- Support for relatives and carers of someone with a mental health condition
- Memoirs and fiction about people living with, or caring for someone with, a mental health condition
- Titles providing information and advice about the following specific conditions:
  - Anger
  - Anorexia
  - Anxiety
  - Bereavement
  - Binge eating/Bulimia Nervosa
  - Bipolar
  - Depression
  - Health anxiety
  - Obsessive compulsive disorder
  - Panic
  - Perinatal depression
  - Phobias
  - Post-traumatic stress disorder
  - Psychosis
  - Relationship problems
  - Schizophrenia
  - Self-esteem
  - Self-harm
  - Sleep problems
  - Social phobia
  - Stress
  - Worry

Selection process

Please send one AI or summary of each title, an indication of which formats the title is available in, and contact details for correspondence, to annie.robinson@readingagency.org.uk. Information on all submitted
titles should be emailed by 5pm on **Friday 24 November**. Publishers will then be asked to send print versions of all titles longlisted to the Reading Agency by **Friday 8 December**.

Please contact Annie Robinson ([annie.robinson@readingagency.org.uk](mailto:annie.robinson@readingagency.org.uk)) if you have any questions about the submission process or Reading Well Books on Prescription.