

# READING WELL

## What is Reading Well?

Reading Well is a national scheme supporting people to understand and manage their health and wellbeing using helpful reading. The books on our reading lists can be recommended by a health professional and taken free of charge from a local library, or users can self-refer and borrow the titles as they would any other library book.

The books are all [chosen and recommended by health experts](#), as well as by people with lived experience of the conditions and topics covered and their relatives and carers. **There are five booklists available:**

- [Reading Well for mental health](#) (adults)
- [Reading Well for long term conditions](#)
- [Reading Well for dementia](#)
- [Reading Well for children](#) (ages 7-11)
- [Reading Well for young people](#) (ages 12-18)

Reading Well is run by The Reading Agency in partnership with Libraries Connected as a key strand of the public library [Universal Health Offer](#). The scheme is available in 99% of English public library authorities.

## Can schools, colleges and universities get involved?

Yes! Many schools, colleges and universities deliver the scheme already and we're keen to recruit more. You can:

- [Visit our website](#) to browse the booklists.
- Order booklists and promotional materials from [our online shop](#) in order to signpost students to their local library service where they can access the books for free.
- Acquire the book collections via your usual suppliers **and** purchase accompanying leaflets/promotional materials from [our online shop](#). Many suppliers allow all the titles in a collection to be purchased together. You can [download a zip file](#) with all the book titles as ISBNs from our resources bank.

## Great! What do I need to do next?

Here's a checklist to get you set up to deliver Reading Well:

- ✓ Order leaflets + promotional materials from [our online shop](#) (digital and print options available)
- ✓ Order [the book collections](#) from your usual suppliers
- ✓ Read our [delivery model](#) for guidelines on delivering the scheme
- ✓ Encourage your student support services to signpost students to the scheme using the user leaflets
- ✓ [Download digital resources](#) to help you deliver the scheme, e.g. social media artwork/toolkits
- ✓ Email us at [readingwell@readingagency.org.uk](mailto:readingwell@readingagency.org.uk) to:
  - Register as a Reading Well school/college/university
  - Sign up to our newsletter for more information & resources to help you deliver Reading Well
  - Contact your local library to see [how you can work together](#) to deliver Reading Well

Visit [reading-well.org.uk/get-involved](http://reading-well.org.uk/get-involved) or email [readingwell@readingagency.org.uk](mailto:readingwell@readingagency.org.uk) for further guidance and information on delivering the scheme.