

READING WELL

What is Reading Well?

Reading Well is a national scheme that supports people to understand and manage their health and wellbeing using helpful reading. The books on our expert endorsed 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 [endorsed by health experts](#), as well as by people living with the conditions covered and their relatives and carers.

There are currently four booklists available:

- [Reading Well for mental health](#) (adults)
- [Reading Well for young people](#) (ages 13-18)
- [Reading Well for long term conditions](#)
- [Reading Well for dementia](#)

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 98% 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 always keen to recruit more. There are a couple of ways to get involved. You can either:

- Acquire the book collections for your library 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.
- Purchase leaflets/promotional materials from [our online shop](#) in order to signpost students to their local library service where they can access the books.

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](#)
- ✓ Order [the book collections](#) from your usual suppliers
- ✓ Read our [library staff handbook](#) for guidelines on delivering the scheme
- ✓ Encourage your student support and health services to signpost students to the scheme
- ✓ [Download digital resources](#) to help you deliver the scheme, e.g. social media artwork/toolkits
- ✓ Email us at 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 or email readingwell@readingagency.org.uk for further guidance and information on delivering the scheme.



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