

Healthy Reading

at Aberdeen City Libraries



Aberdeen City Libraries has developed Healthy Reading collections with input from NHS Grampian and local health care organisations. The reading materials cover a range of topics, such as healthy eating, memory loss, mental health and self-esteem, designed to help people find out more about health issues.

Who?

Healthy Reading is for everyone. The collection includes self-help books, advice and information titles as well as relevant fiction titles, and has been created to offer help and support to people living with health issues, their family and friends and those with an interest in the subjects. If you are not already a library member but would like access to the collection, you can sign up for free at any library in Aberdeen.



What?

The titles within the collections cover a broad range of health issues including Addiction, Allergies, Cancer, Chronic Pain, Dementia, Disability, Healthy Eating, Mental Health, Self-esteem and Sleep. There is also a selection of mood boosting fiction titles. Full details of the titles available can be found in the booklist, on the library catalogue and on the Healthy Reading page of the Aberdeen City Libraries website.



Where?

The collections are available in three libraries: **Culter, Mastrick** and **Tillydrone**. There is also a broad selection of health advice leaflets available in these libraries which provide further information and contacts for health professionals and organisations. Supporting online resources are available on our website.



Feedback

We welcome feedback on the titles in the Healthy Reading collections. Comment cards can be found inside every book and are also available on the library website. All feedback received is treated confidentially.



HealthInfo@aberdeencity.gov.uk



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www.aberdeencity.gov.uk/Health

Culter Library

North Deeside Road
Aberdeen AB14 0UJ
Tel: 01224 732587
Disabled access

Tillydrone Library

Pennan Road
Aberdeen AB24 2UD
Tel: 01224 276975
Disabled Access

Mastrick Library

Greenfern Road
Aberdeen AB16 6TR
Tel. 01224 788558
Disabled access