



NUI Galway
OÉ Gaillimh

Mind, Body & Soul Collection

Located on Floor 1 of the James Hardiman Library

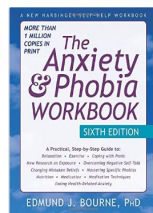
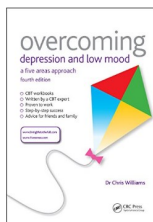
This collection consists of books, e-books and other resources recommended by health professionals that support the physical and mental well-being of students and staff. Topics covered include:

- Addictions
- Anxiety
- Bereavement
- Depression
- Mindfulness
- Phobias
- Physical Health
- Sexuality

<http://library.nuigalway.ie>

Bibliotherapy

The use of books for therapeutic purposes is known as bibliotherapy. Clinically it has been shown that good self-help books can be highly effective. The Mind, Body & Soul collection now includes ‘Books on Prescription’ – titles endorsed by leading mental health professionals.



Further Assistance

Self-help books cannot be a substitute for professional help. There are several services within the University that offer support and advice. Find out more by visiting the **Counselling** and the **Health and Wellbeing** web pages.

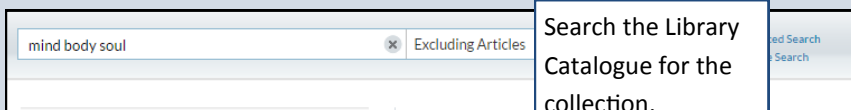
http://www.nuigalway.ie/student_services/counsellors/

<http://www.nuigalway.ie/health-wellbeing/>



Browse the Mind, Body & Soul Collection using the Library Catalogue

<http://library.nuigalway.ie>



Search the Library Catalogue for the collection.



Scroll down the list of results and select **Mind, Body, Soul** from the **Collection** option to display all titles.

For further information email library@nuigalway.ie