

Review your ratings for the criteria overleaf:

| | |
|-----------|--|
| Any red | Probably not right for you at the moment |
| Any amber | Proceed with caution |
| All green | Seems okay to proceed |

Disclaimer

Hopefully this guidance offers you some reflective space to think about your needs in relation to the self-help material and helps you to assess the quality and reliability of information.

The usability of self-help materials is very subjective. While this guidance may be useful to help you in make a decision about whether to proceed with a material or not, ultimately your decision will be based on how you feel after examining the material. The ratings given are suggestions and should not be taken as rigid rules. Each person's thoughts and experiences of self-help materials may be very different, therefore if a material has helped one person this may not be the case for all. It is important to consider your individual needs and how the material suits you personally.

It is also important to consider what you might do if using this self-help material does cause you significant distress. If you already

have a crisis plan, consider how you could use this plan to help you. If you do not have a crisis plan, think about what has been helpful in the past and who you might contact for support.

The Samaritans

Tel: 116 123

Email: jo@samaritans.org

Call your GP, keyworker or crisis team for an urgent appointment

Call 111 out of hours. They will help you find the support and help you need

In an emergency, call 999 for an ambulance or go straight to A&E

Guide developed by Leeds Personality Disorder Managed Clinical Network with the Personalities in Action Involvement Group

Cover image taken by a service user

Would you like this information in an alternative format?
For a translation of this document, an interpreter, a sign language interpretation or a version in:



or



or



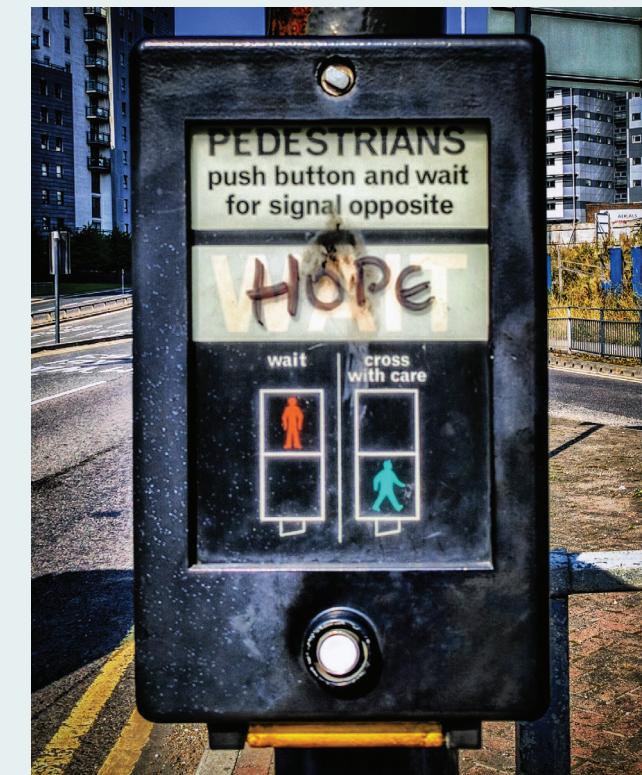
or



please contact the Interpretation and Translation Support Team on

[0113 85 56418/9](tel:01138556418) or translation.lypt@nhs.net

Selecting self-help Guide for service users



Is a self-help material right for you?

Use this guide to help you identify whether a self-help material suits your needs. You can use it to consider a wide range of resources, including books, apps, internet sites, forums, blogs and NHS sites. Rate the material you are considering against the criteria below.

Is it relevant to your needs?

Your needs could include:

- Hearing the experiences of people with similar difficulties
- Understanding your difficulties better
- Help with particular difficulties, for example coping better, or time management
- Help to set goals or take actions to help yourself
- Something to refer back to on a long-term basis



Is it reliable?

- Is the author an expert by experience or profession?
- Is it up to date / the latest version?
- Does it seem accurate?
- Is there evidence to support its claims?
- Has it received good reviews or recommendations from friends, family or professionals?



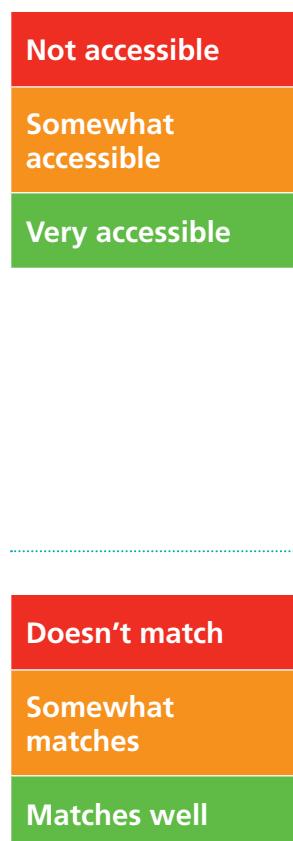
Is it accessible to you?

- Is it easy to read?
- Is it clear how much you have to pay?
- Is it easy for you to obtain? It may be available to download or from a library
- Do you have the skills or support you need to use it? For example, do you know how apps work?
- If needed, can you access it on a long-term basis?
- Is it available in a format to match your needs (braille, audio etc)?



Does the writing style match your needs?

- Does it fit with your values, culture and what is important to you?
- Is it interesting / engaging?
- Is it interactive? Does it include videos, structured tasks etc?
- Is it written in an understanding / empathic way?



Could it cause you distress?

- If so, how much? Think about where you are right now, check in with your body and how you're feeling
- Look at reviews from other people who have used it, did it cause them distress?
- Check out the material to see what it's like
- Do friends, family and professionals think it may cause you distress?

