



Mindfulness for Health Evening Resources

Books

Mindfulness for Health
Mindfulness: Finding Peace in a Frantic World
Full Catastrophe Living

Burch and Penman
Williams and Penman
Jon Kabat Zinn

Hampshire Libraries have a large selection of books on the subject

Electronic

Podcasts are available from:
MIND (mind.org.uk) and the Mental Health Foundation (mentalhealth.org.uk)

The Unwanted Guest is available at <https://www.youtube.com/watch?v=VYht-quymF4>

Local groups

- **Alton Mindfulness & Meditation**

Meet every Sunday evening between 7:30 and 9:00pm at the Quaker Meeting House. £3 to cover cost of venue. Come along or contact jane.m.eccles@googlemail.com

- **iTalk**

italk is a FREE service for people suffering from depression and anxiety. We are an Improving Access to Psychological Therapies (IAPT) service which is delivered as a partnership between Solent Mind and Southern Health NHS Foundation Trust.

You can self refer for a group session, a workshop or for assessment and treatment by telephone (023 8038 3920) or e-mail (info@italk.org.uk) and you can access a number of resources online at www.italk.org.uk

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