Self Help Guides on the below topics are available here: [Tees, Esk & Wear Valleys NHS Foundation Trust - Self Help Guides (ntw.nhs.uk)](http://www.selfhelpguides.ntw.nhs.uk/tewv/)

* [Abuse](http://www.selfhelpguides.ntw.nhs.uk/tewv/)
* [Alcohol and You](http://www.selfhelpguides.ntw.nhs.uk/tewv/)
* [Anxiety](http://www.selfhelpguides.ntw.nhs.uk/tewv/)
* [Bereavement](http://www.selfhelpguides.ntw.nhs.uk/tewv/)
* [Controlling Anger](http://www.selfhelpguides.ntw.nhs.uk/tewv/)
* [Depression and Low Mood](http://www.selfhelpguides.ntw.nhs.uk/tewv/)
* [Domestic Violence](http://www.selfhelpguides.ntw.nhs.uk/tewv/)
* [Eating Disorders](http://www.selfhelpguides.ntw.nhs.uk/tewv/)
* [Food For Thought](http://www.selfhelpguides.ntw.nhs.uk/tewv/)
* [Health Anxiety](http://www.selfhelpguides.ntw.nhs.uk/tewv/)
* [Hearing Voices and Disturbing Beliefs](http://www.selfhelpguides.ntw.nhs.uk/tewv/)
* [Obsessions and Compulsions](http://www.selfhelpguides.ntw.nhs.uk/tewv/)
* [Panic](http://www.selfhelpguides.ntw.nhs.uk/tewv/)
* [Post-Traumatic Stress](http://www.selfhelpguides.ntw.nhs.uk/tewv/)
* [Postnatal Depression](http://www.selfhelpguides.ntw.nhs.uk/tewv/)
* [Social Anxiety](http://www.selfhelpguides.ntw.nhs.uk/tewv/)
* [Sleeping Problems](http://www.selfhelpguides.ntw.nhs.uk/tewv/)
* [Stress](http://www.selfhelpguides.ntw.nhs.uk/tewv/)