


# Resources to help you prepare for surgery and beyond

## Contents

Preparing for surgery .....	1
Understanding and managing emotional eating .....	1
Binge Eating Disorder .....	2
Body image .....	3
Anxiety .....	3
Depression .....	4
Trauma .....	5
General Mental Health Support .....	6
Substance misuse support .....	7
Bereavement support .....	7
Urgent Mental Health / Crisis Support .....	7

## Preparing for surgery


Books	Summary
<p><b>Living with Bariatric Surgery: Managing your mind and your weight</b></p> <p>By Denise Ratcliffe</p>	<p>This book will help patients develop a realistic view of bariatric surgery and the changes required. It incorporates the real-life experiences of people who have had bariatric surgery, showing how they have responded to the psychological and behavioural changes after surgery, and also features helpful psychoeducation, exercises and strategies to facilitate reflection and learning.</p>

Websites	Summary	
<p><b>Weight Loss Surgery Information website</b></p> <p><a href="http://www.wlsinfo.org.uk">www.wlsinfo.org.uk</a></p>	<p>Surgery information and support. Info on different types of surgery. Support groups. Aftercare advice.</p>	

## Understanding and managing emotional eating

Books	Summary
<p><b>The Compassionate Mind Approach to Beating Overeating</b></p> <p>By Ken Goss</p>	<p>This book uses Compassion Focused Therapy to understand and work with our urges and passions for food. We can learn to enjoy and accept food and pay attention to our biological and emotional needs. It considers feelings of shame and self-criticism that can undermine efforts at self-control.</p>
<p><b>End Emotional Eating: Using Dialectical Behaviour Skills to Comfort Yourself without Food</b></p> <p>By Jennifer Taitz</p>	<p>End Emotional Eating offers skills based in dialectical behavior therapy (DBT) for alleviating readers' reliance on emotional eating. Readers learn to experience cravings without acting on them and enjoy food while respecting their bodies and their health.</p>
<p><b>Mindful Eating: A Guide to Rediscovering a Healthy</b></p>	<p>Tune into your body's own wisdom about what, when, and how much to eat..</p>

<b>and Joyful Relationship with Food</b>	Eat less while feeling fully satisfied. Identify your habits and patterns with food. Develop a more compassionate attitude toward your struggles with eating. Discover what you're really hungry for.
<b>By Jan Chozen Bays</b>	


Websites / App	Summary	
<b>In the Moment – Mindful Eating App</b>	Improve your body awareness and mindfulness with In The Moment! Let this light-hearted app help guide you to better spontaneous food choices when hunger hits and quick options are needed. Practice healthy coping skills when emotional states make decision-making more difficult. Your interactions with In The Moment will help you identify the nature of your immediate need and support healthier responses to emotional challenges with food and life.	

## Binge Eating Disorder

**What is it?** Overeating over a short period of time until uncomfortably full, with a feeling of having no control of this. Binges may be planned or spontaneous. Binges are often followed by feelings of guilt or shame.

Services	Summary / how to access
<b>Help Finder</b> <a href="http://beateatingdisorders.org.uk">Welcome to HelpFinder - HelpFinder (beateatingdisorders.org.uk)</a>	An online directory of eating disorder support services. Enter postcode and age to locate local services.

Books	Summary
<b>Overcoming Binge Eating, Second Edition: The Proven Program to Learn Why You Binge and How You Can Stop</b>  <b>By Christopher Fairburn</b>	Clear, step-by-step guidelines show you how to: <ul style="list-style-type: none"> <li>• Overcome the urge to binge.</li> <li>• Gain control over what and when you eat.</li> <li>• Break free of strict dieting and other habits that may contribute to binges.</li> <li>• Establish stable, healthy eating patterns.</li> <li>• Improve your body image and reduce the risk of relapse.</li> </ul>

Websites	Summary	
<b>Beat Eating Disorders website.</b>  <a href="http://beateatingdisorders.org.uk">Binge Eating Disorder - Beat (beateatingdisorders.org.uk)</a>	Information about BED, symptoms, support groups.  Helpline: 0808 801 0677   help@beateatingdisorders.org.uk	

## Body image


Books	Summary
<p><b>Living with Your Body and Other Things You Hate: Letting Go of the Struggle with What You See in the Mirror Using Acceptance and Commitment Therapy.</b></p> <p><b>By Emily Sandoz</b></p>	<p>This book takes a unique approach to addressing readers' struggles with their body image, as readers will not find the typical soothing arguments that their perceptions are wrong, and that their thoughts are irrational. Instead, readers learn to live with the reality that these often painful thoughts and beliefs about themselves will arise from time to time, and discover new ways of managing these thoughts without allowing them to dominate their lives.</p>
<p><b>Overcoming Body Image Problems including Body Dysmorphic Disorder</b></p> <p><b>By Alexandra Clarke, David Veale, and Rob Wilson</b></p>	<p>This book uses Cognitive Behavioural Therapy to help improve body image.</p>

Websites	Summary	
<p><b>National Centre for Eating Disorders</b></p> <p><a href="https://eating-disorders.org.uk/information/body-image/">https://eating-disorders.org.uk/information/body-image/</a></p>	<p>Information on what 'body image' is and how poor body image is developed.</p> <p>Ways to improve your body image and feelings about the way you look.</p>	

## Anxiety

Services	Summary / how to access
<p><b>NHS Talking Therapies</b></p> <p>Find your local service: <a href="https://www.nhs.uk/service-search/mental-health/find-an-nhs-talking-therapies-service/">https://www.nhs.uk/service-search/mental-health/find-an-nhs-talking-therapies-service/</a></p>	<p>Your GP can refer you or you can refer yourself directly.</p> <p>NHS talking therapies services offer:</p> <ul style="list-style-type: none"> <li>• talking therapies, such as cognitive behavioural therapy (CBT), counselling, other therapies, and guided self-help</li> <li>• help for common mental health problems, like anxiety and depression.</li> </ul>


Books	Summary
<p><b>Anxiety is Really Strange</b></p> <p><b>By Steve Haines</b></p>	<p>What is the difference between fear and excitement and how can you tell them apart? How do the mind and body make emotions? When can anxiety be good? This science-based graphic book addresses these questions and more, revealing just how strange anxiety is, but also how to unravel its mysteries and relieve its effects.</p> <p>Understanding how anxiety is created by our nervous system trying to protect us, and how our fight-or-flight mechanisms can get stuck, can significantly lessen the fear experienced during anxiety attacks. In this guide, anxiety is explained in an easy-to-understand, engaging graphic format with tips and strategies to relieve its symptoms, and change the mind's habits.</p>

Websites	Summary	
<b>NHS: Anxiety and panic attacks information</b>  <a href="https://www.nhs.uk/mental-health/conditions/anxiety/">https://www.nhs.uk/mental-health/conditions/anxiety/</a>	Information about anxiety and panic attacks.  Ways to cope.  Where to find support.	

## Depression

Services	Summary / how to access
<b>NHS Talking Therapies</b>  Find your local service: <a href="https://www.nhs.uk/service-search/mental-health/find-an-NHS-talking-therapies-service/">https://www.nhs.uk/service-search/mental-health/find-an-NHS-talking-therapies-service/</a>	Your GP can refer you or you can refer yourself directly.  NHS talking therapies services offer: <ul style="list-style-type: none"> <li>• talking therapies, such as cognitive behavioural therapy (CBT), counselling, other therapies, and guided self-help</li> <li>• help for common mental health problems, like anxiety and depression.</li> </ul>

Books	Summary
<b>The ACT Workbook for Depression and Shame: Overcome Thoughts of Defectiveness and Increase Well-Being Using Acceptance and Commitment Therapy</b>  <b>By Matthew McKay</b>	Many people with depression believe they are defective, unwanted, or inferior, and this feeling of being flawed and inadequate often leads to a strong sense of shame. Written by experienced clinicians, this workbook provides readers with practical, proven-effective skills based in acceptance and commitment therapy (ACT), so they can identify and alleviate shame-based, self-defeating beliefs, and learn to create a more fulfilling life.

Websites	Summary	
<b>NHS: Depression information and support</b>  <a href="https://www.nhs.uk/mental-health/conditions/depression/">https://www.nhs.uk/mental-health/conditions/depression/</a>	Information about depression.  Ways to cope.  Where to find support.	

## Trauma

If you are struggling with symptoms of trauma (see, [I think I have PTSD – what should I do? – PTSD UK](#) for more information) please make an appointment with your **GP**, who can direct you to local support services.

Services	Summary / how to access
<p><b>NHS Talking Therapies</b></p> <p>Find your local service: <a href="https://www.nhs.uk/service-search/mental-health/find-an-NHS-talking-therapies-service/">https://www.nhs.uk/service-search/mental-health/find-an-NHS-talking-therapies-service/</a></p>	<p>Your GP can refer you or you can refer yourself directly.</p> <p>NHS talking therapies services offer:</p> <ul style="list-style-type: none"> <li>• talking therapies, such as cognitive behavioural therapy (CBT), counselling, other therapies, and guided self-help</li> <li>• help for common mental health problems, like anxiety and depression.</li> </ul>

Books	Summary
<p><b>Trauma is Really Strange</b></p> <p><b>By Steve Haines</b></p>	<p>This unique comic explains the strange nature of trauma and how it confuses the brain and affects the body. With wonderful artwork, cat and mouse metaphors, essential scientific facts, and a healthy dose of wit, the narrator reveals how trauma resolution involves changing the body's physiology and describes techniques that can achieve this, including Trauma Releasing Exercises that allow the body to shake away tension, safely releasing deep muscular patterns of stress and trauma.</p>
<p><b>The Compassionate Mind Approach to Recovering from Trauma: Using Compassion Focused Therapy</b></p> <p><b>By Deborah Lee</b></p>	<p>Terrible events are very hard to deal with and those who go through a trauma often feel permanently changed by it. Grief, numbness, anger, anxiety and shame are all very common emotional reactions to traumatic incidents such as an accident or death of a loved one, and ongoing traumatic events such as domestic abuse.</p> <p>This book uses Compassion Focused Therapy to help the reader to not only develop a fuller understanding of how we react to trauma, but also to deal with any feelings of shame and start to overcome any trauma-related difficulties.</p>


Websites	Summary	
<p><b>Mind</b></p> <p><a href="https://www.mind.org.uk/information-support/types-of-mental-health-problems/trauma/about-trauma/">https://www.mind.org.uk/information-support/types-of-mental-health-problems/trauma/about-trauma/</a></p>	<p>Information about trauma, what the effects of trauma can be and ways to help yourself.</p>	
<p><b>PTSD UK</b></p> <p><a href="http://www.ptsduk.org">www.ptsduk.org</a></p>	<p>Information about post-traumatic stress, where to find help, and ways to help yourself.</p>	

## General Mental Health Support

Services	Summary / how to access
<b>Mind's helplines</b>  <a href="https://www.mind.org.uk/information-support/helplines/">https://www.mind.org.uk/information-support/helplines/</a>	Provide information and support by phone and email. It is a signposting service.  Infoline: 0300 123 3393 Open 9am to 6pm, Monday to Friday (except for bank holidays).  Email: info@mind.org.uk Post: Mind Infoline, PO Box 75225, London, E15 9FS You can ask about: <ul style="list-style-type: none"> <li>• Mental health problems</li> <li>• Where to get help near you</li> <li>• Treatment options</li> <li>• Advocacy services</li> <li>• Welfare benefits (ask to speak to a welfare adviser)</li> </ul>

Books	Summary
<b>The Compassionate Mind Workbook</b>  <b>By Chris Irons and Elaine Beaumont</b>	There is good and increasing evidence that cultivating compassion for one's self and others can have a profound impact on our physiological, psychological and social processes. In contrast, concerns with inferiority, shame and self-criticism can have very negative impacts on these processes and are associated with poorer physical and mental health.  This workbook is a step-by-step guide to CFT, in which the chapters build your understanding of yourself, the skills that give rise to a compassionate mind, and ways to work with whatever difficulties you're struggling with in life.

Websites	Summary	
<b>NHS: Mental Health information and services</b>  <a href="https://www.nhs.uk/mental-health/">https://www.nhs.uk/mental-health/</a>	Find information and support for your mental health.	
<b>Samaritans Self Help</b>  <a href="https://selfhelp.samaritans.org/">https://selfhelp.samaritans.org/</a>	This self-help app is here for you, however you are feeling. Explore relaxation techniques straight away or take your self-help further by creating an account. With an account you can: <ul style="list-style-type: none"> <li>• Record your mood every day.</li> <li>• Look for patterns in how you're feeling.</li> <li>• Make your personal safety plan.</li> <li>• Store images of things that give you hope.</li> </ul>	
<b>Balanced Minds</b>  <a href="https://balancedminds.com/">https://balancedminds.com/</a>	Specialists in Compassion Focused therapy and Self-Compassion.  Helpful audios and resources available.	

<p><b>Mind</b></p> <p><a href="http://www.mind.org.uk">www.mind.org.uk</a></p>	<p>Mental health and well-being information and support.</p>	
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## Substance misuse support

Services	Summary / how to access
<p><b>NHS: substance misuse services</b></p> <p><a href="https://www.nhs.uk/service-search/other-health-services/substance-misuse-problems">https://www.nhs.uk/service-search/other-health-services/substance-misuse-problems</a></p>	<p>Type in your postcode to find local services which can help you.</p>
Websites	Summary
<p><b>FRANK</b></p> <p><a href="https://www.talktofrank.com/">https://www.talktofrank.com/</a></p>	<p>Information about drugs, news, and help and advice.</p>

## Bereavement support

Services	Summary / how to access
<p><b>Cruse</b></p> <p><a href="https://www.cruse.org.uk/">https://www.cruse.org.uk/</a></p> <p>0808 808 1677</p>	<p>Services and helpline to support you through your grief.</p>

## Urgent Mental Health / Crisis Support

If you are unable to keep yourself safe or free from harm, call 999 or attend your local A&E service.

If you are in a crisis and need to talk right now, there are many helplines staffed by trained people ready to listen.

Services	Summary / how to access
<p><b>NHS: Find your local urgent mental health helpline.</b></p> <p><a href="https://www.nhs.uk/service-search/mental-health/find-an-urgent-mental-health-helpline">https://www.nhs.uk/service-search/mental-health/find-an-urgent-mental-health-helpline</a></p>	<p>NHS urgent mental health helplines are for people of all ages in England.</p> <p>You can call for:</p> <ul style="list-style-type: none"> <li>• 24-hour advice and support for you, your child, your parent or someone you care for</li> <li>• help speaking to a mental health professional</li> <li>• an assessment to find the right care for you</li> </ul>
<p><b>Samaritans</b></p> <p><a href="https://www.samaritans.org/">https://www.samaritans.org/</a></p>	<p>To talk about anything that is upsetting you 24 hours a day, 365 days a year.</p> <p>Call 116 123 freely from any phone.</p> <p>Email <a href="mailto:jo@samaritans.org">jo@samaritans.org</a> (it may take several days to get a response by email)</p>

<p><b>SHOUT text service</b></p>	<p>Text SHOUT to 85258. A confidential 24/7 text service providing support if your are in crisis and need immediate help.</p>
<p><b>National Suicide Prevention Helpline UK</b></p> <p><a href="https://www.spuk.org.uk/national-suicide-prevention-helpline-uk/">https://www.spuk.org.uk/national-suicide-prevention-helpline-uk/</a></p>	<p>Call 0800 689 5652 (6pm to midnight every day).</p> <p>Offering a safe haven for anyone who needs someone to talk to.</p>
<p><b>Switchboard</b></p> <p><a href="https://switchboard.lgbt/">https://switchboard.lgbt/</a></p>	<p>If you identify as gay, lesbian, bisexual or transgender, you can call Switchboard on 0300 330 0630 (10am–10pm every day), Email: <a href="mailto:hello@switchboard.lgbt">hello@switchboard.lgbt</a> or use their webchat service. Phone operators all identify as LGBT+. A safe space for anyone to discuss anything, including sexuality, gender identity, sexual health and emotional well-being.</p>

**Do you have recommendations of helpful resources to share? Please let us know.**