

Guide to...

Mental Health and Learning Disabilities resources

1. Books, e-books and other materials

Use the library website **Quick Search** at www.libweb.anglia.ac.uk to locate books, e-books and other materials on your subject (tick the box for 'Books, e-books and multimedia materials'). The results will tell you what resources the library holds both on the shelves and as e-books (see E-book in format column). Click on the Title for information on availability, location (library site Cambridge, Chelmsford, Fulbourn or Peterborough and shelf number e.g. 610.7301 PER or WY 86 PER).

E-books: items available as electronic books will display 'E-book' in the format column. To access follow the 'Click here for access' link on the search results page. You will need to log in with your library barcode and password. For more information about your library login please see: www.libweb.anglia.ac.uk/authen/library-login.htm

Reservations: you can reserve items on loan or on the shelves at another library site. Use the Reserve button on the availability screen. When the item is available you will be sent an email to your Anglia Ruskin University email account telling you how long you have to collect it.

2. Reference and Statistics

The library has many reference texts and sources of statistics on the shelves and increasingly online via the library website www.libweb.anglia.ac.uk

Dictionaries

Provide help with spellings and definitions and are both general language (English, French, and German etc.) and subject specific (Nursing, Medical) often in both print and online (e-book) formats. Search via Quick Search on the library website.

Encyclopaedias

Encyclopaedias provide a subject overview and often a bibliography for further reading. Note date, country of origin and authority of the contributor, as these may affect the accuracy and relevancy of the information.

Search for **print** versions via the library website Quick Search. Links to **online** versions can be found either via the **library website** Quick Search (you will need to be logged in) or online only via the Digital Library – Quick Reference section (direct link at: www.libweb.anglia.ac.uk/subjects/reference/diction.php).

Statistics

Statistics can be found in a variety of sources: books, journals, reports, statistical publications and increasingly online via the library website www.libweb.anglia.ac.uk

Library shelves:

Statistics are available within the libraries – search via the library website Quick Search.

Online statistics are available via the library website:

- **Advanced Search** – Health – Health Statistics (sub category)

Examples of key statistics:

- UK National Statistics– the Government Statistical Service (formerly the Office of National Statistics) <http://www.statistics.gov.uk/>
- Department of Health Statistics:
<http://www.dh.gov.uk/en/Publicationsandstatistics/Statistics/index.htm>
- Health and Personal Social Services Statistics (includes mortality & morbidity, substance misuse, health services, hospitals)
- Health Statistics Quarterly (e-journal via Journal Finder)
- World Health Organisation Statistics: www.who.int/topics/statistics/en/
- Mental Health Organisations e.g. Mental Health Foundation - see section 5. Research - for examples and links.
- Learning Disabilities Organisations e.g. Mencap, British Institute of Learning Disabilities (BILD), Foundation for People with Learning Disabilities

Practise your skills and find more information by using the **Intute: Virtual Training Suite** online tutorial for social statistics at:

<http://www.vts.intute.ac.uk/he/tutorial/social-statistics/>.

3. Journals

Journals (also known as periodicals) help keep you up to date with current developments and provide important academic information, evidence based practice and research findings for your subject. Many are peer reviewed. The library holds a wide range of both print and electronic journals (e-journals).

Print Journals

- Print journals are shelved in the library Journal Collection alphabetically by title (A-Z). They are for reference use only (photocopying facilities available).
- Use **Journal Finder** on the library website www.libweb.anglia.ac.uk to search for and access print and electronic journals.
- If you require an article from a journal at another Anglia Ruskin library click on the 'Photo' link within a journal record on the library website Journal Finder results screen. The cost of the photocopy is 5p per page.

E-Journals

Many journals are now available online via the library website www.libweb.anglia.ac.uk. Log in and use the **Journal Finder** menu option. From the search results screen, follow the 'Click here for access' link to get to the online version (note the years span available information, for each journal).

Useful journals include:

British Journal of Learning Disabilities
British Journal of Psychiatry
Child and Adolescent Mental Health
Community Care
Evidence Based Mental Health
Issues in Mental Health Nursing
Journal of Child and Adolescent Psychiatric Nursing
Journal of Intellectual & Developmental Disabilities
Journal of Intellectual Disability Research
Journal of Intellectual Disabilities
Journal of Learning Disabilities
Journal of Mental Health
Journal of Mental Health Counselling
Journal of Psychiatric and Mental Health Nursing
Journal of Psychiatric Research
Learning Disabilities Research & Practice
Learning Disability Practice
Learning Disability Quarterly
Mental Health Nursing
Mental Health Practice
Mental Health Research Review
Mental Health Today (formerly Mental Health and Disabilities Care)
Perspectives in Psychiatric Care
Primary Care Mental Health
Research in Developmental Disabilities

There are also a number of psychology journals available in print and online via the Digital Library which may be useful.

Not available online or in the library?


Use the **Interlibrary Loan** (ILL) service. If you find that a book or journal article that you require is not stocked by us, then we can usually obtain it for you through our Interlibrary Loan service. There is a non-refundable charge of £2 per item requested. If you have requested a journal article, a photocopy will be sent to you by post for your retention. For other items, you will need to visit the library to collect/use. Further information can be found on the website, Interlibrary Loan menu link at www.libweb.anglia.ac.uk/services/ill.htm.

4. Databases and Gateways

Databases

Databases are an effective way of finding up to date **journal articles** on specific nursing and health topics. As well as journal references they may also provide access to case studies, care plans, systematic reviews, abstracts, book chapters, reports and conference papers etc. Where available the **full text** of journal articles and other documents are freely accessible (once you are logged into the library).

Access to databases is via library website www.libweb.anglia.ac.uk.

- Log in.
- Click on **Advanced Search**.
- In the 'Journal articles, research papers etc.' link select from the subject drop down menu – **Health**. This provides access to specialist health and nursing databases, resources and links.
- In the 'Sub Categories' section; select either 'Learning Disabilities' or 'Mental Health'
- Search the databases where you see a tick select box on the left using the search boxes e.g. PsycINFO.
- Search those databases (resources) listed with no select box facility e.g. Care Knowledge, via their own unique interface – click on the title link for this. (For those with tick select boxes you can also do this if you wish – sometimes useful to utilise additional advanced search options).
- To view a brief description of a database, click the blue  icon.

Alternatively search directly for a database by name e.g. PsycINFO, using the **Database Finder** option in the Digital Library section of the library website.

Academic OneFile

1980 – present. Peer-reviewed full text articles from a range of journals and reference sources including medicine and social sciences.

ASSIA (Applied Social Science Indexes and Abstracts) (CSA)

1987 – present. Covers the social sciences, including health, social services and nursing care.

Biomed Central www.biomedcentral.com/

Access to free online full text medical and health journals

British Nursing Index (BNI) (EBSCO and OVID)

1994 - present. Covers 250+ nursing journals. UK nursing focus but also includes midwifery, medicine, mental health, health management and allied health and includes non UK journals where relevant to UK practice.

Care Knowledge

Covers social care and includes many full text links.

Centre for Reviews and Dissemination (York University)

www.york.ac.uk/inst/crd/

CINAHL Plus with Full Text (EBSCO)

Cumulative Index to Nursing and Allied Health Literature) (EBSCO) 1982 – present. Citations from over 1,200 journals, plus details of pamphlets, books and web resources where relevant. **Full text** links from over 560 titles

Cochrane Library (The)

Collection of databases of high-quality, independent and up to date reliable evidence, evidence based health care, and information on the effectiveness of health interventions, much available in full text. Includes: Cochrane Database of Systematic Reviews (CDSR) with the full text of completed systematic reviews; Methods Statements; Technology Assessments; Economic Evaluations and individual Clinical trials.

DARE (Database of Reviews of Effectiveness)

Centre for Reviews and Dissemination, University of York.

Summaries of quality systematic reviews, looking at the effects of health care interventions. Also includes broader health and social care topics.

Journals@OVID Full Text

1996 (some citations back to 1993) – present.

Includes online access to the LWW (Lippincott Williams & Wilkins) journals e.g. Advances in Nursing Science, Nursing Management and Orthopaedic Nursing.

***Your Journals@OVID**, a subset database covering only the OVID journals which Anglia Ruskin University subscribes to in full text. Click on Journals@OVID and then select 'Your Journals@OVID'.

Medline (EBSCO and OVID)

1950 – present. Produced by the US National Library of Medicine. An international database, updated daily, covering over 4,600 biomedical journals.

PsycArticles (EBSCO)

(1985 – present). General psychology and specialized, basic, applied, clinical and theoretical research in psychology. 45,000+ peer-reviewed journal articles, references, letters from journals (many full text) mainly published by the American Psychological Association and allied organizations.

PsycINFO (EBSCO)

1806 – present. Journal articles (covers over 2,150 journals), books and book chapters and dissertations covering behavioural sciences, mental health, psychology, psychiatry, social science, social work, management and education.

Psychology & Behavioural Sciences Collection (EBSCO)

Full Text resource providing access to over 600 full text journals. The database covers topics in emotional and behavioral characteristics, psychiatry & psychology, mental processes, anthropology, and observational & experimental methods

Pubmed (via NCBI) free version of the Medline database.

Social Care Online (Social Care Institute for Excellence)

1986 – present. Information and research in social care.

Social Policy and Practice incl. ChildData (OVID)

Database of abstracts with links to some full-text materials relating to social policy, public health, social services, mental and community health.

UK Clinical Research Network (UKCRN) www.ukcrn.org.uk/index.html

Supports clinical research and facilitates trials and studies. Part of the UK Clinical Research Collaboration.

UK Pubmed Central (UKPMC)

Provides a free-to-access online digital archive of full-text, peer-reviewed research publications. It is based on PubMed Central (PMC), the U.S. National Institute of Health (NIH) free digital archive of biomedical and life sciences journal literature.

Web of Knowledge including Web of Science (ISI)

1970 – present. Searchable for both journal references and cited references (finding where authors have published their work). Social Sciences and Science citation index sections will be most relevant to health fields.

Wiley Interscience Journals

Covers journals from the publisher Wiley Interscience.

Gateways

Gateways provide access to high quality relevant subject specific Internet resources evaluated and selected by experts, where you can **search or browse topics and subject links**. Access to gateways is via the library website www.libweb.anglia.ac.uk – **Advanced Search** – select **Health** subject.

BUBL: Bulletin Board for Libraries

A general guide to UK web resources, including UK government departments, organisations and subject links e.g. nursing, health, mental health etc.

National Institute for Health and Clinical Excellence (NICE)

1970 – present. Independent organisation providing national guidance (guidelines) on health promotion / prevention and treatment of ill health. Also covers Public Health, Health Technologies (medicines, treatments, clinical procedures) and clinical practice guidelines on specific conditions.

NHS Evidence www.evidence.nhs.uk

A wealth of online evidence based nursing, health and medical information including clinical guidelines, online dictionaries, evidence based practice information and Clinical Knowledge Summaries (CKS).

5. Research

Official organisations and charities often carry out or sponsor research, often publishing and disseminating reports, research and information on mental health via their websites. Some examples include:

- Centre for Evidence Based Mental Health (CEBMH)
<http://cebmh.warne.ox.ac.uk/cebmh/index.html>
- Department of Health – Learning Disabilities links:
<http://www.dh.gov.uk/en/SocialCare/Learningdisabilities/index.htm>
- Department of Health – Mental Health links:
<http://www.dh.gov.uk/en/Healthcare/Mentalhealth/index.htm>
- Mental Health Foundation: <http://www.mentalhealth.org.uk/>
(Incorporating the Foundation for People with Learning Disabilities)
- MIND the Mental Health Charity: <http://www.mind.org.uk/>
- Royal College of Psychiatrists: <http://www.rcpsych.ac.uk/>
- Sainsbury Centre for Mental Health: <http://www.scmh.org.uk/>
- SANE (Mental Health Charity): <http://www.sane.org.uk/>
- UK Mental Health Research Network (MHRN):
<http://www.mhrn.info/index.html> Established by the Department of Health and UK Clinical Research Network (UKCRN) – the MHRN is part of and funded by the National Institute for Health Research (NIHR) undertakes research into mental health.

6. Other Libraries

Nursing students can borrow reserve and return items at all sites of the university library - Cambridge, Chelmsford, Fulbourn and Peterborough.

The 'Using other libraries' link on the library website Help & Advice section: www.libweb.anglia.ac.uk/helpdesk/others.htm provides information about using alternative libraries including:

NHS Libraries:

Nursing students are able to use the NHS libraries at the hospital site they are allocated to for placements. Details can be found at:

www.libweb.anglia.ac.uk/helpdesk/nhslib.htm

Sconul Access scheme:

The Sconul access schemes provide students who are part-time, distance or on a placement to possibly join and use other university libraries near to their home.

Please see the link for details: www.libweb.anglia.ac.uk/helpdesk/others.htm

7. Help

Help is available in a variety of ways:

- Ask at the Reception Desk or Enquiries Desk within the library
- Visit the Help & Advice section of the library website.
You can “**Ask Us**” by phone, email or online chat at:



www.libweb.anglia.ac.uk/askus

- **Book a Librarian Service**

www.libweb.anglia.ac.uk/bookalibrarian/index_bal.html

If you need more in depth help make a 30 minute appointment with your subject librarian.

- Try our Information Skills Tutorial PILOT at:
www.libweb.anglia.ac.uk/pilot
This is an online tutorial covering information searching and referencing.
- Alternatively, especially if there are no ‘Book a Librarian’ slots convenient for you, contact one of the **Health, Social Care and Education librarians** directly:
- **Chelmsford**
Maurice Wakeham 0845 196 3766 maurice.wakeham@anglia.ac.uk
Carol McMaster 0845 196 4643 carol.mcmaster@anglia.ac.uk
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Jane Shelley 0845 196 3760 jane.shelley@anglia.ac.uk
- **Fulbourn, Peterborough and Cambridge**
Peter Stokes 0845 196 5376 peter.stokes@anglia.ac.uk