

# Mental health resources in the National Police Library

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Free books support police mental health and wellbeing

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We have new mental health resources that are free to access in the National Police Library, including eBooks and audiobooks.

The resources provide everyone in policing with immediate access to mental health support.

They promote:

- mental health awareness
- trauma-informed practice
- psychological resilience
- self-care within the workplace

Clinical psychologists and police staff working within the Mental Health Service at the Police Service of Northern Ireland (PSNI) selected the resources, which were funded by the PSNI and the charity [Movember](#).

Mental ill health and work-related trauma is more common in policing than in the general population. This project will help police officers and staff to manage challenging experiences and make informed decisions about accessing more specialised mental health support.

- [See a list of the mental health resources](#)
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