**Labels: Resources for this workshop**

Self-help for low self-esteem

You can download information and workbooks on low self-esteem here: https://www.cci.health.wa.gov.au/Resources/Looking-After-Yourself/Self-Esteem

Southwark libraries hold copies of *Overcoming Low Self-Esteem* by Melanie Fennell

Mental health stigma

The Time to Change campaign works to end mental health stigma, read more here: https://www.time-to-change.org.uk/