

Summer is officially here, with longer sunlit days and blooming gardens we can say a bright and cheery hello to July. This month is South Asian Heritage month, a time to honour the rich cultures, histories, and contributions of South Asian communities. Take a look at some resources or events here: [South Asian Heritage Month](#). Disability Pride Month is also an integral part of July and you can check out a fundraiser here with [SCOPE](#). Make sure to look out for yourself and others by taking care of your mental health, this **Wellbeing week** here at the Library we sent books to different teams across the Trust as a thank you for your hard-work. We hope you get to switch off and immerse yourself in a new book for some well deserved 'me time'. Alcohol awareness week runs *6-12th July*; learn more about how to share lived experience or download free resources to encourage people to think about their drink habits [here](#). Just a reminder that you can still get involved with the Trust's [Made in The North Conference](#) on 9th July exploring digital innovation across healthcare. Finally, it is your last chance to take part in our [Library Users Survey 2026](#)—this should only take a few minutes of your time but all feedback is valued as we strive to improve our service.

Dates for your Diary:

Research Appreciation Day—5th July

The Improvement & Digital Innovation Conference - 9th July

National Schizophrenia Awareness Day—25th July

Samaritans Awareness Day—24th July (24/7)



## RESOURCE OF THE MONTH

# MAUDSLEY PRESCRIBING GUIDELINES IN PSYCHIATRY

The Maudsley Prescribing Guidelines is the essential reference for the prescribing of drugs for patients with mental health disorders.

The e-book (also available to download as a PDF) provides up-to-date information, expert guidance on prescribing practice in mental health, including drug choice, treatment of adverse effects and how to augment or switch medications.

The text covers a wide range of topics including pharmacological interventions for schizophrenia, bipolar disorder, depression and anxiety, and many other less common conditions.

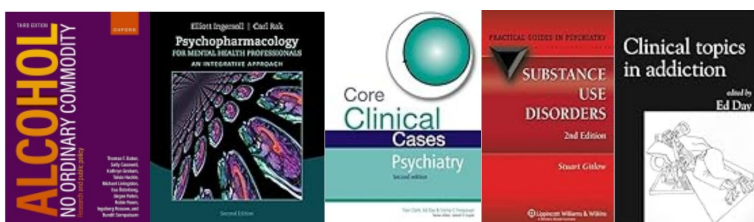
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SCAN ME

Log in with your [Open Athens](#) account

Some of our texts relating to alcohol awareness week—visit our [full catalogue](#) to browse further titles:



## How Do I?

### Create a Library account?

Once you open up the website you can click

[Create an account](#) and fill out a form which means we can send you a card and grant you access to all our library resources.

If you have any trouble with this you can get in contact with us at [Academic.Library@lscft.nhs.uk](mailto:Academic.Library@lscft.nhs.uk)

## WE ARE ALWAYS LEARNING

### RESEARCH IN PRACTICE

Guest speakers: Louise Johnstone



Learn about:

How to access 'research in practice' and resources on offer including; practical pointers, webinars and workshops

How you can put research into action with research that has already been synthesised.

Co production resources and how to implement these within practice.

TUESDAY 7<sup>TH</sup> JULY  
12:00-13:00



[academic.library@lscft.nhs.uk](mailto:academic.library@lscft.nhs.uk)

For any more information, support or queries regarding any resources in this newsletter please email:

[Academic.library@lscft.nhs.uk](mailto:Academic.library@lscft.nhs.uk)

Opening Hours:

9:00am – 4:30pm Monday to Friday

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