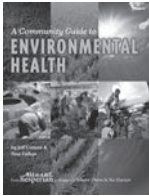


Other Books from Hesperian

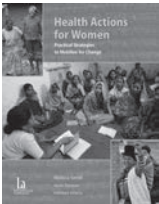
Community Health Organizing and Training



A Community Guide to Environmental Health

provides tools, knowledge, and inspiration to help health promoters, activists, and community leaders take charge of their environmental health.

This comprehensive guide supports urban and rural communities and covers topics from toilets to toxics, watershed management to waste management, and agriculture to air pollution. Informative case studies, impactful activities, and how-to instructions empower people to address environmental health hazards where they live and work. 617 pages, paperback.



Health Actions for Women

addresses social factors that prevent women and girls from enjoying healthy lives. It contains a wealth of clearly-explained and engagingly-illustrated activities, stories, and strategies to help women and

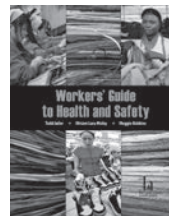
men facilitate community discussions and action. Field tested by 41 groups in 23 countries, this resource offers proven strategies to help improve women's social status and health outcomes, even in challenging settings where organizing for women's health is difficult or dangerous. 330 pages, paperback.



Promoting Community Mental Health

offers innovative strategies and practical tools that people from all walks of life can implement in their efforts to improve the emotional and physical health of their communities. Developed with input from 26

community-led groups across the US, this concise resource helps community organizers, health workers, faith groups and individuals integrate mental health promotion into their work and lives. 200 pages, paperback.

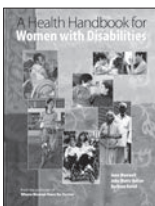


Workers' Guide to Health and Safety

makes occupational safety and health accessible to those most affected by physical, social, and economic hazards—the workers themselves.

Actionable tools and strategies support workers, supervisors, safety committees, and labor relations courses to improve workplace experiences and overall wellbeing for workers. The insights and techniques are useful in any factory, and especially in the garment, shoe, and electronics industries. 576 pages, paperback.

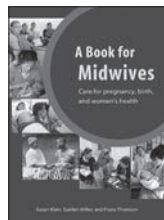
Reproductive and Women's Health



A Health Handbook for Women with Disabilities

provides individuals suggestions on caring for daily needs, healthy and safe sexual relationships, family planning, pregnancy and childbirth, and defense against violence, abuse,

and stigma. This groundbreaking guide helps women with disabilities overcome barriers to poor health and advocate for better care. 384 pages, paperback.



A Book for Midwives

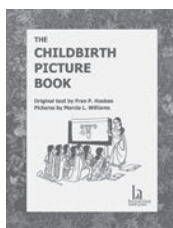
covers the essentials of care before, during, and after birth. Clearly written and illustrated, this book discusses preventing, managing, and treating obstetric complications, covers HIV in pregnancy, birth, and breastfeeding, and has

expanded information on reproductive health care. 527 pages, paperback.



Where Women Have No Doctor combines self-help medical information with an understanding of the ways poverty, discrimination, and cultural beliefs limit women's health and access to care. Clearly written and with over 1000 drawings, this essential

resource addresses health issues across the lifespan and considers issues specific to girls, older women, women with disabilities, and refugees. 583 pages, paperback.



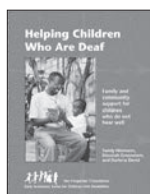
The Childbirth Picture Book provides a simple and complete guide to the basics of conception, pregnancy, childbirth, and breastfeeding. This short resource contains detailed line drawings depicting every step of the reproductive process. 68 pages, perfect-bound booklet.

Early Assistance



Helping Children Live with HIV is an innovative community health guide designed to ensure children with HIV can grow to adulthood and live full lives. Richly illustrated, the practical advice in this book addresses both the physical and emotional health needs of children living

with HIV, and helps parents, caregivers, and health workers provide them with the love and support they deserve. 315 pages, paperback.



Helping Children Who Are Deaf focuses on care for young children who do not hear well and explores ways that communities can work to support children with hearing difficulties. Chapters include information to aid parents and

caregivers to assess hearing loss, explore causes of deafness, and learn basic communication using both signed and spoken methods of communication. 250 pages, paperback.



Helping Children Who Are Blind is an important aid for parents and other caregivers helping children with vision problems, starting from birth through age 5, to develop all their capabilities. Topics include assessing how well a child can

see, preventing blindness, moving around safely, teaching common activities, and more. 192 pages, paperback.



Disabled Village Children is a comprehensive resource covering common disabilities of children. It suggests community-based rehabilitation activities and explains how to make a variety of low-cost aids with local resources in mind.

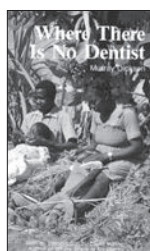
Emphasis is placed on how to help disabled children find a role and be accepted in the community. 654 pages, paperback.

More Books and Guides



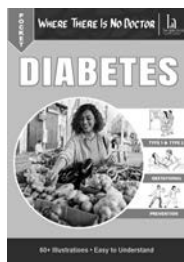
Where There Is No Doctor, perhaps the most widely used health care manual in the world, provides vital, easily-understood information on how to diagnose, treat, and prevent common diseases. An emphasis is placed on prevention, including cleanliness,

diet, vaccinations, and the important role of the individual and community in health care. 446 pages, paperback.



Where There Is No Dentist shows how to care for teeth and gums at home and in community and school settings, including prevention of dental issues through hygiene, nutrition, and education. The book also includes detailed and illustrated information on using dental equipment, treating cavities, taking out teeth, and

material on HIV/AIDS and oral health. 248 pages, paperback.



Pocket Where There Is No Doctor: Diabetes is a compact, easy-to-understand guide designed to support people living with pre-diabetes and diabetes. Addressing both the physical and social issues tied to diabetes, this book is a great tool for friends, family, health

workers, support groups, teachers, and others dealing with this common health challenge to our communities. Discussion questions included. 60 pages, trade paperback.



Pocket Where there is No Doctor: First Aid supplements and expands upon life-saving information from the First Aid section of Where There Is No Doctor. This convenient, portable resource is packed with easy-to-understand, actionable information and clear

illustrations on emergency care for anyone who wants to feel more prepared in an emergency and better protect and care for their own health and that of their families and communities. 136 pages, trade paperback.

See a complete listing with many more books and resources at store.hesperian.org

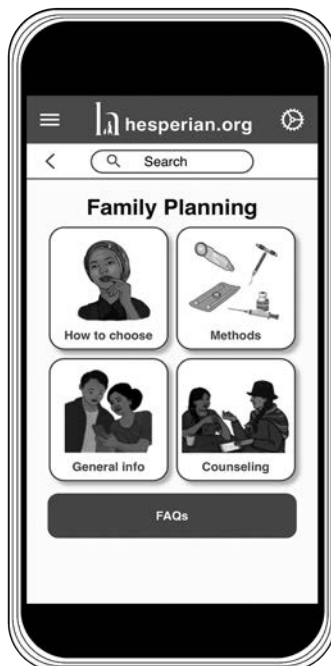
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Reproductive Health Apps



Each month, thousands of people rely on Hesperian's suite of multilingual reproductive health apps for practical, clear, and trustworthy information to make confident informed decisions and ensure healthier outcomes for themselves and for others. The free apps operate without an internet connection or data plan once installed on a device and do not collect personal information.

Family Planning - Designed to support frontline health workers, community leaders, and health advocates to share unbiased information on birth control options. A built-in "Method Chooser" can help determine which methods best respond to individual preferences, circumstances, and health history.

Safe Abortion (SA) - Written in easy-to-understand and nonjudgmental language, the Safe Abortion app can also help people needing or giving post-abortion care. Now in 11 languages, with a read-aloud function in select languages.

Safe Pregnancy and Birth - Find accurate, easy-to-understand information on pregnancy, birth, and care after birth. Clear illustrations and plain language make this award-winning app practical and user-friendly for community health workers, midwives, and individuals and their families.

All apps can also be accessed through a secure web browser for ultimate privacy at hesperian.org/mobile-apps

Free Health Information Online

The Hesperian HealthWiki is a library of freely available Hesperian resources in many languages. The HealthWiki offers free digital access to Hesperian books and fact sheets. Read essential health information online or, to easily share, print a page or download a chapter. Topics include disabilities and children's health, environmental health, reproductive health, mental health, health rights advocacy, and community organizing and training for health workers.

en.hesperian.org/hhg/HealthWiki

Are Hesperian's resources in any format helpful to you, your work, or your community?

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