

Trusted Health Websites

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How do I find good health information online?

The Australian Commission for Quality and Safety in Health Care (ACQSHC) worked with consumers to develop some tips on finding reliable, accurate and easy-to-read health websites. You can find their tips, factsheets and videos at:

www.safetyandquality.gov.au/consumers/finding-good-health-information-online.

Key questions to think about:

- Is it relevant to you?
- Does it answer your questions?
- Is it written by experts and backed up with evidence?
- Is it Australian?
- Does it tell you about local services?
- Can you understand all of it?
- Does it explain complex or new ideas?
- Does it rely on the experience of only one or a few people?
- Are there warning signs like trying to sell a product or making you feel scared?

Trusted Australian Websites



State, Territory and the Commonwealth Department of Health websites are trusted, evidence-based sources of information. In the ACT, this is www.act.gov.au/health



healthdirect: www.healthdirect.gov.au

Government service that provides free and easy access to trusted, quality health information and advice online and by phone. To speak to a nurse, day or night, call **1800 022 222**.

medicare

Mental Health

Medicare Mental Health www.medicarementalhealth.gov.au

An Australian Government website providing tools and information to access a range of free or low-cost phone and online mental health services.



Health Translations Directory:

www.healthtranslations.vic.gov.au

Provides web links to other websites with translated health and wellbeing resources. Includes health information in over 100 languages.



Better Health Channel: www.betterhealth.vic.gov.au

Provides a wide variety of health information on conditions and treatments, healthy living, services and support.



MyDr: www.mydr.com.au

Provides reliable health information on symptoms, diseases, tests, investigations, medicines and treatments. Also provides health tools and calculators.



Inside Radiology: www.insideradiology.com.au

Provides information about radiology procedures or tests such as x-rays and ultrasounds.



Pathology Tests Explained: pathologytestsexplained.org.au

Education and unbiased information on pathology tests. It includes what tests are right for your condition, how the tests are given and how to understand the results.



Ask your GP for information from HealthPathways, a web based tool that helps plan patient care.

Websites on specific health conditions

- **Arthritis ACT**
www.arthritisact.org.au
- **Asthma Australia**
asthma.org.au
- **Black Dog Institute** (mental health)
www.blackdoginstitute.org.au
- **Breast Cancer Network**
www.bcna.org.au
- **Cancer Council ACT**
actcancer.org
- **Chronic Pain Australia**
chronicpinaustralia.org.au
- **Dementia Australia**
www.dementia.org.au
- **Diabetes Australia**
www.diabetesaustralia.com.au
- **Eczema Support Australia**
www.eczemasupport.org.au
- **Haemochromatosis Australia**
haemochromatosis.org.au
- **The Heart Foundation**
www.heartfoundation.org.au
- **Kidney Health Australia**
kidney.org.au
- **Lung Foundation Australia**
lungfoundation.com.au
- **Stroke Foundation**
strokefoundation.org.au

Find other trusted organisations: www.healthdirect.gov.au/information-partners

Other useful sites

THAT'S A CLAIM! thatsaclaim.org/health

This website that explains key concepts for thinking critically about health claims, like how to spot faulty logic or something that is too good to be true.

Cochrane Library www.cochranelibrary.com

Publishes systematic reviews with plain language summaries of health research gathering and summarising the current evidence for treatments.

Where can I learn more?

The Canberra Health Literacy Hub is full of health literacy information and resources for the ACT and region. Go to cbrhl.org.au or scan:



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