

Trusted Health Websites

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? Is it Australian?
- Is it written by experts and backed up with evidence?
- Can I understand it? Does it explain complex ideas?
- Are there warning signs like trying to sell you something 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 health.act.gov.au.



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.

Head to Health: www.headtohealth.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: www.healthtranslations.vic.gov.au

A free online library which provides web links to translated health and wellbeing resources. Includes health information in over 100 languages covering a wide range of topics.



NPS MedicineWise: www.nps.org.au

Provides free, independent, evidence-based information on medicines, health conditions and medical tests.



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

Offers 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.

Where can I learn more?

The Canberra Health Literacy website is full of health literacy information and resources for the ACT and region. This website aims to help make our health system easier for you to navigate. Go to cbrhl.org.au to learn more.

The Health Care Consumers Association of the ACT is the peak health consumer organisation in the ACT. We work to improve the quality and safety of health services and advocate for health equity for people living in the Canberra region. We offer a range of resources and workshops that help people navigate the health system and become more informed. Go to hcca.org.au to learn more.

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hcca.org.au

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