



## Health on the Net Foundation (HON)

Health on the Net, a non for profit organisation in official relations with the World Health Organization (WHO)

promotes transparent and reliable health information online. Health websites displaying the HON logo have been certified as containing reliable information.

<https://www.hon.ch/en/>

The following websites are considered to be of good quality health information:



## Beat

Beat is a resource which supports people suffering with Eating Disorders.

<https://www.beateatingdisorders.org.uk/types/downloadable-resources>



## Coventry & Warwickshire Partnership NHS Trust

Coventry and Warwickshire Partnership Trust provides a range of healthcare leaflets for patients.

<https://www.covwarkpt.nhs.uk/information-leaflets>



## Easy Health

A resource which provides access to

health guidance in an easy read format.

<http://www.easyhealth.org.uk/>



## Mencap

Mencap has an extensive online resource providing information on learning disabilities.

<https://www.mencap.org.uk/>



## Mind

Mind is a major Mental Health Charity which is a useful resource to access,

guidance and support literature for a wide range of Mental Health topics.

<https://www.mind.org.uk/>



The leading independent health platform

## Patient

Patient is a “one-stop-site” which offers access to a wide range of

health topics and conditions. The information provided by Patient is endorsed by NHS England.

<https://patient.info/>



## Rethink Mental Illness

Rethink Mental Illness is a resource whose aim is to support patients with a mental illness.

<https://www.rethink.org/>



## Royal College of Psychiatry

The Royal College of Psychiatry is a useful site for patient information guides on a wide range of Mental Health conditions and topics.

<https://www.rcpsych.ac.uk/expertadvice.aspx>

## NHS Website (formerly NHS Choices)

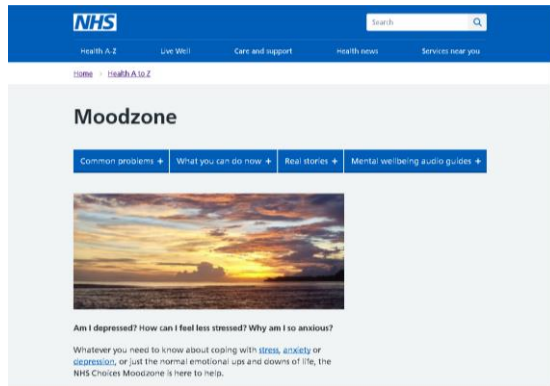
NHS website is the patient information portal which offers access to services, information on health conditions, lifestyle and self-help guides.

<https://www.nhs.uk>



## NHS Website - MoodZone

<https://www.nhs.uk/conditions/stress-anxiety-depression/>




**NHS**

Health A-Z Live Well Care and support Health news Services near you

Home > Health A-Z

### Moodzone

Common problems + What you can do now + Real stories + Mental wellbeing audio guides +

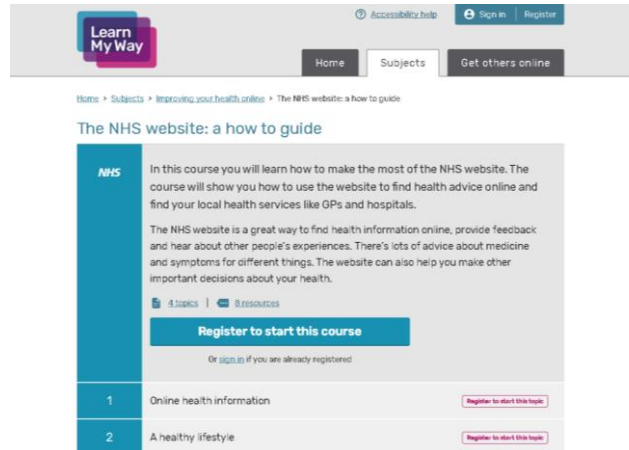


**Am I depressed? How can I feel less stressed? Why am I so anxious?**

Whatever you need to know about coping with stress, anxiety or depression, or just the normal emotional ups and downs of life, the NHS Choices Moodzone is here to help.

## NHS Website – A How-to Guide

<https://www.learnmyway.com/courses/nhs-website-a-how-to-guide/>



Learn My Way

Accessibility help Sign in Register

Home Subjects Get others online

Home > Subjects > Improving your health online > The NHS website: a how to guide

### The NHS website: a how to guide

**NHS**

In this course you will learn how to make the most of the NHS website. The course will show you how to use the website to find health advice online and find your local health services like GPs and hospitals.

The NHS website is a great way to find health information online, provide feedback and hear about other people's experiences. There's lots of advice about medicine and symptoms for different things. The website can also help you make other important decisions about your health.

4 topics | 8 resources

**Register to start this course**

Or sign in if you are already registered

- 1 Online health information [Register to start this topic](#)
- 2 A healthy lifestyle [Register to start this topic](#)

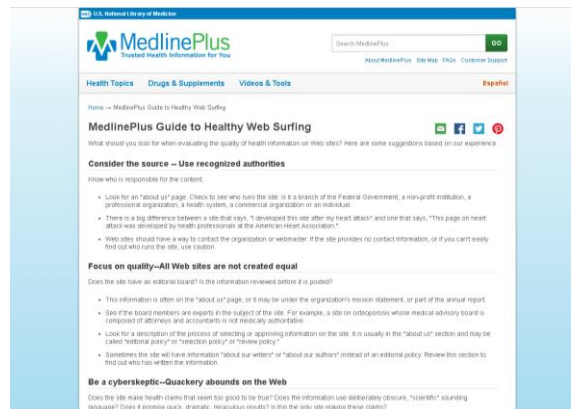
## Library and Information Services

# Finding Online Health Information You Can Trust

## MedlinePlus Guide to Healthy Web Surfing

What should you look for when evaluating the quality of health information on Web sites? Here are some suggestions based on our experience.

<https://medlineplus.gov/healthywebsurfing.html>



U.S. National Library of Medicine

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### MedlinePlus Guide to Healthy Web Surfing

What should you look for when evaluating the quality of health information on Web sites? Here are some suggestions based on our experience.

**Consider the source – Use recognized authorities**

Know who is responsible for the content.

- Look for an "about us" page. Check to see who runs the site. Is it a branch of the U.S. Federal Government, a non-profit institution, a professional organization, a health system, a commercial organization or an individual?
- There is a big difference between a site that says, "I developed this site after my heart attack" and one that says, "This page on heart attack was developed by heart professionals at the American Heart Association."
- Web sites should have a way to contact the organization or webmaster. If the site provides no contact information, or if you can't easily find out who runs the site, be cautious.

**Focus on quality--All Web sites are not created equal**

Does the site have an editorial board? Is the information reviewed before it is posted?

- This information is often on the "about us" page, or it may be under the organization's mission statement, or part of the annual report.
- Some of the board members are experts in the subject of the site. For example, a site on osteoporosis whose medical advisory board is composed of attorneys and accountants is not medically authoritative.
- Look for a description of the process of selecting or approving information on the site. It is usually in the "about us" section and may be called "editorial policy" or "revision policy" or "review policy."
- Sometimes the site will have information "about our writers" or "about our authors" instead of an editorial policy. Review this section to find out who has written the information.

**Be a cyberskeptic--Quackery abounds on the Web**

Does the site make health claims that seem too good to be true? Does the information use deliberately obvious, "scientific" sounding language? Does it promise quick, dramatic, miraculous results to fix the only site making these claims?



## Quick Guide to Health Information Resources