

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 to you? Does it answer your questions?
- Is it Australian? Does it tell you about local services?
- Is it written by experts and backed up with evidence?
- Can you understand it? Does it explain complex 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.

Check their list of information partners for reputable Australian organisations www.healthdirect.gov.au/information-partners



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 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.

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.

iHealthFacts ihealthfacts.ie

A reputable site run by an international network of researchers where the public can quickly and easily check the reliability of a health claim circulated by social media.

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:

The Health Care Consumers' Association works to improve the quality and safety of health services and advocate for health equity for people living in the Canberra region. We offer resources and workshops to help people navigate the health system. Go to hcca.org.au.

Scan for more tips and links



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