

Printed resources

Reading Well book collections <https://reading-well.org.uk/> are available to borrow for free at most public libraries - a 'prescription' without the cost!

The books are chosen by health experts and endorsed by people living with the conditions covered. They are available in the following sets:

- **Mood-boosting Books**
- **Reading Well for mental health**
- **Reading Well for long-term conditions**
- **Reading Well for dementia**
- **Shelf Help (Reading Well for young people)**



If you would like this information in Braille, large type, in another format or in another language, please ask a member of staff. (English)

Bu bilgileri büyük yazı tipinde Körler Alfabesinde, başka bir biçimde ya da başka bir dilde okumak isterseniz lütfen bir görevliye danışın. (Turkish)

Nëse këtë informacion do e dëshironit në Braille, font më të madh, në format tjetër apo gjuhë tjetër, ju lutem pyesni një anëtar të personelit. (Albanian)

Se desejar obter esta informação em Braille, num tipo de letra maior, noutro formato ou noutro idioma, por favor peça a um membro do pessoal. (Portuguese)

আপনি যদি এই তথ্যটি ব্রাইলে, বড় হরফে, অন্য ফরম্যাটে বা অন্য ভাষাতে পেতে চান, অনুগ্রহ করে, কোন কর্মীকে তা বলুন। (Bengali)

در صورت تمایل به دریافت نسخه‌ای از این اطلاعات به صورت بریل، یا به فرمت یا زبانی دیگر، لطفاً درخواست خود را با یکی از کارکنان ما مطرح کنید. (Farsi)

Jeśli chcieliby Państwo uzyskać niniejszą informację zapisaną w alfabecie Braille'a, dużą czcionką, w innym formacie lub w innym języku, prosimy zwrócić się w tej sprawie do członka personelu. (Polish)

Si vous souhaitez obtenir ces informations en gros caractères Brai ou dans une autre langue, veuillez le demander à un membre de l'équipe. (French)

நீங்கள் இந்த தகவலை பெரியல், பெரிய எழுத்துக்கள், வேறு பாராமல் அல்லது வேறு மொழியில் பெற விரும்பினால், ஊழியரிடம் கேளுங்கள். (Tamil)

إذا أردت الحصول على هذه المعلومات بطريقة برايل، أو بحروف كبيرة، أو بصيغة أو لغة أخرى، يرجى طلب ذلك من أحد أعضاء فريق العمل. (Arabic)

Если вы хотите получить эту информацию на языке Брайля, напечатанную крупным шрифтом, в другом формате или на другом языке, пожалуйста, обратитесь к любому сотруднику. (Russian)



This leaflet is adapted from original work by Carol-Ann Regan, Library and Knowledge Services Manager, Musgrove Park Hospital

Get in touch

Still looking for the health-related information you need? Just ask us! We can look for information on your behalf and send it to you for further discussion with your health professional.

Contact us

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Finding High-Quality Health Information



For patients and the public

www.nelft.nhs.uk



About this leaflet

This leaflet guides you through finding high-quality health information so that you can make informed decisions. It helps explain:

- how you can find and assess trustworthy sources of health information, including websites, books and apps.
- how you can use your public library to access health information at no cost.
- how you can look 'behind the headlines' of health-related news stories and compare the 'spin' with the original research.

Introduction

During your treatment journey, you receive information from the healthcare professional looking after you. The purpose of this leaflet is to help you find further information independently.



So how can you decide what to trust?

Judging the quality of information

Here is a checklist for judging the quality of health information:

Who:

- Look at the author - their name and qualifications, or their lived experience of the condition, should be clearly stated.
- Look out for any adverts - the author might not be objective if they are trying to sell you something.

What:

- Look at the evidence put forward to back up the author's claims.
- Look out for broken links or outdated sources - if they're more than a few years old, they may not reflect the latest research.

Where:

- Look at the part of the world the information has come from - you can tell this from the web address (for example, '.ac.uk' means that the source is an academic site based in the UK) or from the copyright page (e.g. 'printed in London').
- Look out for resources that may not be relevant to the United Kingdom.

Use this space to make notes.

Online resources

- **NHS website** www.nhs.uk/: the best place to start when searching for trustworthy information about your health. You can also access GP online services.
- **Health news – Behind the Headlines** www.nhs.uk/news: reviews the research behind the latest health news.
- **NHS Apps Library** www.nhs.uk/apps-library/: recommendations for health-related apps that you can download to use on your own devices.
- **Improving your health online** www.learnmyway.com/subjects/improving-your-health-online: includes tips on navigating the NHS website and accessing online GP services.
- **HealthTalk** www.healthtalk.org: interviews with patients, produced by the Health Experience Research Group at the University of Oxford.
- **Access to Research** www.accesstoresearch.org.uk/: academic database available through public libraries. If your local library doesn't have access to this, you can check for participating branches nearby by going to www.accesstoresearch.org.uk/libraries

