

Finding good quality health information online

There is a huge amount of health information available online, and it can be difficult to tell what is good and what is not.

This leaflet has been put together to help you find **good quality health information online** that you can trust.

If you do not have a computer or access to the internet, you can visit your local public library, where staff can help you to get online and look at the suggested websites. You can find your local library by visiting

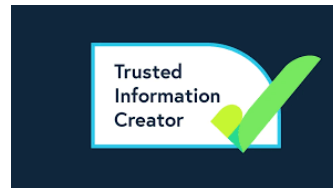
<https://www.gov.uk/local-library-services>

The internet is a great resource, with endless amounts of information. But not everything you find online is accurate, reliable or trustworthy. This is because anyone can create webpages, or add content to existing websites. Many websites don't have quality checks or an editing process, so it is up to you to assess the quality of the information.

The following quality marks will help you to do this, but it is always advisable to check the information you've found with your healthcare professional.

The PIF TICK

<https://pifonline.org.uk/pif-tick/>



The PIF TICK (Trusted Information Creator) is the UK-wide Quality Mark for Health Information.

Health On the Net

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

Health On the Net, a non for profit organisation, promotes transparent and reliable health information online.

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Information and advice on sources of information is given in good faith but should never be used as a substitute for seeking medical advice.

We have taken care to direct you to reliable information but cannot guarantee its accuracy.

*You should **always consult** a suitably qualified doctor or healthcare professional for diagnosis and treatment of medical conditions.*

<https://www.surreyandsussexlibraryservices.nhs.uk/>

NHS.uk
www.nhs.uk



NHS.uk is the UK's biggest health website

- A-Z of conditions and treatments
- Interactive health tools and podcasts
- Healthy living advice
- Find local NHS services
- Behind the Headlines health news
- Latest advice about coronavirus

Healthtalk.org
www.healthtalk.org



Find out what it's like to live with a health condition, by watching other people share their stories.

- People's real-life health experiences shared through an online collection of thousands of videos covering a wide range of health conditions and including information just for young people

NHS Apps Library
www.nhs.uk/apps-library/



Find digital tools to help you manage and improve your health

- Wide variety of health-related apps, some free, on everything from mindfulness to personalised exercise programmes and living with long-term health conditions

NICE evidence
www.evidence.nhs.uk



NICE guidance informs our healthcare

- Search over 500 other websites with The National Institute for Health & Care Excellence evidence search to find health information including public information and Patient Decision Aids