

Quality Health Information Sources

Type of Information	Sources
Medicine information	<ul style="list-style-type: none"> • MPFT Choice and Medication: http://www.choiceandmedication.org/south-staffs/ • NHS Medicines Information: https://beta.nhs.uk/medicines/ • Electronic medicines compendium –searches leaflets contained in medicine packets: www.medicines.org.uk
Information/ leaflets on conditions or treatments	<ul style="list-style-type: none"> • MPFT Self-Help Leaflets: http://www.selfhelpguides.nth.nhs.uk/sssft/SelfHelp • Patient UK: http://www.patient.co.uk/health/a-z • Royal College of Psychiatrists - some leaflets are available in languages other than English: https://www.rcpsych.ac.uk/expertadvice/atozindex.aspx • MIND: http://www.mind.org.uk/mental_health_a-z • NICE Evidence – search for the treatment/ condition then choose to ‘Filter Results By’ and select ‘Information for the Public’ : https://www.evidence.nhs.uk • Mental Health Foundation: http://www.mentalhealth.org.uk/help-information/mental-health-a-z/ • ReThink Mental Illness: http://www.rethink.org/resources/b • BMJ Best of Health- making decisions about healthcare: http://www.besthealth-bmj.com/ • Alzheimer’s Society- Factsheets on symptoms, diagnosis and treatments, advice on daily living, staying independent and finance: www.alzheimers.org.uk • Beat - Eating Disorders: www.b-eat.co.uk • Diabetes UK : www.diabetes.org.uk • BDA –The British Dietetic Association: https://www.bda.uk.com/foodfacts/home • Mental Healthcare - psychosis information for family and friends: www.mentalhealthcare.org.uk • Easyhealth - Accessible health information leaflets on health and wellbeing: http://www.easyhealth.org.uk/categories/health-leaflets
Support groups	<ul style="list-style-type: none"> • SSSFT Recovery College: http://recoverycollegessft.co.uk/ • Staffordshire Mental Health Directory- Providing information and contact details about local organisations and projects within Staffordshire and Stoke-on-Trent, as well as organisations such as Citizens Advice Bureau: http://www.staffordshirementalhealth.info/ • Shropshire Community Directory (also covers Telford & Wrekin): http://new.shropshire.gov.uk/libraries/groups-and-support/health-and-wellbeing/ • Shropshire Choices - Provides information on adult social care, housing and health: https://www.shropshirechoices.org.uk/home • Staffordshire Family Services Directory: http://staffs.fsd.org.uk/kb5/staffordshire/fsd/home.page • Healthwatch is the new consumer champion for publicly funded health and social care. It exists in two distinct forms, Local Healthwatch (at a local level),

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	<p>and Healthwatch England (at a national level). Find out about local NHS services, with local feedback: http://healthwatchstaffordshire.co.uk/ ; http://www.healthwatchshropshire.co.uk/</p> <ul style="list-style-type: none"> • Stafford Borough Health & Social Care pages: www.staffordhealth.co.uk • Patient Association- Information about support groups and health campaigns on health and social care: www.patients-association.org.uk
Public Libraries	<p>Staffordshire public libraries: https://www.staffordshire.gov.uk/leisure/librariesnew/libraries.aspx</p> <ul style="list-style-type: none"> • Books and E-books on physical and mental health topics • Autism friendly libraries <p>Journals/ articles: http://www.accesstoresearch.org.uk/search (please note, full text articles can only be viewed on public library computers)</p> <p>Shropshire public libraries: http://www.shropshire.gov.uk/libraries/</p> <ul style="list-style-type: none"> • Books on prescription (mental health, dementia, long term conditions, young people) • Mood Boosting Books physical health information, family health information, • Large print titles • Home library service • Shared memory bags • Journals/ articles: http://www.accesstoresearch.org.uk/search (please note, full text articles can only be viewed on public library computers) <p>Telford public libraries: https://library.telford.gov.uk/web/arena</p> <ul style="list-style-type: none"> • Books on prescription (Dementia) • Pictures to Share books • Reminiscence DVD's • Journals/ articles: http://www.accesstoresearch.org.uk/search (please note, full text articles can only be viewed on public library computers)
Mobile Apps	<ul style="list-style-type: none"> • Service users and carers page on the MPFT Library Website: http://library.sssft.nhs.uk/service-users-and-carers • NHS Apps Library: https://apps.beta.nhs.uk/

Useful sources for assessing information quality

- The Information Standard award means that an organisation produces health information that meets particular standards. There is a searchable directory of members - <http://www.england.nhs.uk/tis/our-members/>



Look for the Information Standard



or NICE accreditation symbols