

Looking for health information online:

Use the following tips to help you choose between good and poor quality websites:

Has the website got a date displayed?

This will show how recently the website has been updated

Who has written the information and has the organisation got a good reputation?

This will show the quality of the information and if they are qualified to provide it

Is the organisation trying to sell you something?

This may influence the type of information on the website.



Look out for the Information Standard quality mark. It is awarded to organisations producing clear, accurate and up to date information.

How do I contact the library?

Stafford Library:

Library Services, The Learning Centre, St George's Hospital,
Corporation Street, Stafford, ST16 3AG
Telephone: 01785 221584; Email: Library@mpft.nhs.uk

Redwoods Library:

Library Services, The Redwoods Centre, Somerby Drive,
Shrewsbury, SY3 8DS
Telephone: 01743 21011; Email: Library@mpft.nhs.uk

If you require this information in another language, in larger print, in easy read or any other format, please contact PALS on 01785 783028, or pals@mpft.nhs.uk



Library Services for Service Users and Carers



Helping you find quality health information
from trustworthy sources

Library and Knowledge Services

Where are the Trust's health libraries?

The Trust has two libraries. One is at St George's Hospital in Stafford and the other is at The Redwoods Centre in Shrewsbury. Both libraries are open Monday-Friday from 9am-5pm. To visit the Redwoods library, please ask at reception and a member of library staff will come to collect you. It's better to arrange a time with the library in advance.

What can the library help me do?

- Find books and journals on mental health topics to read in the library
- Find information on mental health topics and show you where to find good quality health information
- Supply a specific article on a mental health condition or treatment that you want to read (there is a small charge for this service)
- Access quality health information websites and mobile apps

Do the libraries have computer access?

Both libraries have computers with internet access. If you want to use your own device, WIFI is available. The libraries offer printing and photocopying facilities, but you will need to pay a small fee to use these. Contact the library or visit our webpage for current charges: library.sssft.nhs.uk/service-users-and-carers

Can I take books out of the library?

Both libraries have a small selection of fiction and non-fiction books and magazines to borrow. If you are an inpatient, a book trolley also goes around some wards at both St George's Hospital and The Redwoods Centre.



Do I need to visit the library to get information?

No, you can also access a lot of our services by email or telephone. We also have a lot of information on our website:

library.sssft.nhs.uk/service-users-and-carers

We can send web links to leaflets and useful websites by email. If you can't easily come into a library or use a computer, we can send out a limited amount of information by post.

Where else can I find good quality health information?

The Trust provide self-help leaflets on a range of mental health topics on their website. These include Anxiety, Domestic Violence, Eating Disorders, and Self-Harm:

www.sssft.nhs.uk/service-users-carers

Fact sheets and printable leaflets on mental health conditions, treatments and medications:

www.choiceandmedication.org/south-staffs



The public library:

- Books and E-books to borrow on physical and mental health topics
- Computer and internet access with printing and photocopying facilities and staff on hand to help you
- A range of leisure books to borrow and quiet space to sit and read
- Reading groups and activities which can help you maintain good general mental health and wellbeing

Find out where your local public library is by visiting your council's website:

Staffordshire Council: www.staffordshire.gov.uk

Shropshire Council: www.shropshire.gov.uk

Telford and Wrekin Council: www.telford.gov.uk