

Health Information

suggested resources and links by theme

(adapted from a resource list produced for Health Information Week 2019)

Please find below some resources for Health Information. Bear in mind that it is impossible to list all health and related resources but the list hopefully includes a good cross section, many with links to leaflets available to order and/or download often for free or at very low cost.

As well as general resources such as the NHS website which cover a wide range of topics we have also listed resources by theme including: Long term conditions; Healthy Lifestyles; Social Prescribing; Mindfulness and Relaxation; Innovations for preventing illness; Mental Health; Patient Stories; Health and Digital Literacy; and Promoting Partnerships.

You can also use the themes to promote any local resources you may have such as books and information leaflets.

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General Resources

CharityChoice	Directory of health charities
Department of Health & Social Care/Public Health England Publications	Order publications on a wide range of health topics from NHS England free of charge
Healthy Living Pharmacies	Useful list of healthy living related campaigns and links to resources
Knowledge for Healthcare PPI resources	Useful resources relating to patient and public librarian including a guide to the NHS Website.
NICE Evidence	Evidence search provides access to selected and authoritative evidence in health, social care and public health.
My health apps	A collection of health apps tried and tested by patients and the public on a range of physical and mental health conditions as well as lifestyle and wellbeing.
NHS Apps Library	Digital tools to help you manage and improve your health. Apps are NHS tested.
The NHS Website	Comprehensive website with advice on conditions and treatments as well as lots of information on healthy living including exercises, video clips and apps etc
NHS foundation trust directory and register of licensed healthcare providers	Gov.uk webpage giving information on foundation trusts and providers licensed by Monitor.
Patient.info	Website with evidence-based information advice and features on a wide range of medical and health topics aimed at patients and health professionals
Public Health England Campaign Resources	Register to access posters and free resources in support of PHE campaigns
The Reading Agency	The Reading Agency aims to inspire people of all ages and all backgrounds to read for pleasure and empowerment. Working with partners, their aim is to make reading accessible to everyone. The website has links to recommended books lists and a wealth of resources to help libraries promote.
Nutrition Science	British Nutrition Foundation - Discover the science of nutrition and find out why nutrition and physical activity are so important for health.



Heart UK	Making simple changes to the food you eat and being more active can help lower your cholesterol, lowering your risk of illness.
Public Health England Campaign resources	Order free resources - The Public Health England Campaign Resource Centre has everything you need to deliver our award-winning marketing campaigns on a local level.
Reading Well	Reading Well supports you to understand and manage your health and wellbeing using helpful reading. The books are all chosen and endorsed by health experts, as well as by people living with the conditions covered and their relatives and carers.
Your Health Talk	At healthtalk.org you can find information and support for a range of health issues by seeing and hearing people's real life experiences. Thousands of people have shared their experiences on film to help you understand what it's really like to have a health condition such as breast cancer or arthritis
Men's Health Forum	Resources aimed specifically for Men and Health
Self help leaflets	Wide range of self help leaflets produced by Northumberland, Tyne and Wear NHS Foundation Trust.
NHS Website Youtube videos	Wide range of videos including patient information and patient stories
Many roads to well being	This is a collection of wellbeing themed reading suggestions including poems, short stories, true life stories, quotes and children's stories.

Long Term Conditions

Arthritis Research UK	Information and support relating to all aspects of arthritis and option to order free leaflets
Alzheimer's Society	Direct link to a wide range of publications and factsheets free to download from the Alzheimer's Society
Asthma UK: Resources	Direct link to resources free to download on the Asthma UK charity webpages
British Heart Foundation	Direct link to publications from British Heart foundation available to download for free
British Lung Foundation	Direct links to support material on the British Lung Foundation website
British Pain Society	Direct link to support and resources for people living with



	pain
Carers Trust	Direct links to information and advice for carers from the Carers Trust website
Cancer General Reading list	Cancer Research general reading list
Carers UK	Direct links to information and advice for carers from the Carers UK website
Diabetes UK	Direct link to resources free to download on the Diabetes UK webpages
Get active with a disability	The NHS Website - Get active with a disability or a long term condition
Heart UK	Direct link to the free downloadable resources page of Heart UK charity website
Long term health conditions	Your Healthtalk forums for long term condition
Long term conditions slideshare	Long term conditions slideshare
Macmillan Cancer Support: Resources	Direct link to free downloadable resources on the Macmillan Cancer support webpages
Your guide to support and care	The NHS Website - guide to support and care available for people with long term conditions
10 ways to reduce pain	The NHS Website - Whether your pain has just come on or you've lived with it for years, these tried-and-tested self-help steps can bring you relief.
Living with a long term condition	Patient info resource on living with a long term condition
Pain toolkit	Pain toolkit workshops for healthcare professionals and people who live with chronic pain
Reading Well for Dementia	Book list selected by the Reading Agency and partners
Reading Well for Long Term Conditions	Book list selected by the Reading Agency and partners
RCOG: Living with chronic (long-term) pelvic pain	Information sheet available to print from the Royal College of Obstetricians and Gynaecologists.
Royal College of GPs	Living better leaflets available to download for free which offer advice for patients with long-term conditions on coping with low mood, depression and anxiety.
Self-care toolkit	The Self Care Toolkit is for people who live with persistent health conditions
SCIE: Dignity in Care Pain management	Video clip and transcript from the Social Care Institute for Excellence
Stroke Association	The UK's leading charity dedicated to conquering stroke and supporting stroke survivors to rebuild their lives after stroke

Healthy Lifestyles

Age UK	Health and wellbeing information and advice for those in later life
British Dietetics Association Food Fact Sheets	Downloadable fact sheets on healthy eating written by dietitians.
British Nutrition Foundation: Nutrition Science	Find information here on the British Nutrition Foundation webpages about why good nutrition and lifestyle choices



	are important for your health and wellbeing across all ages.
Change 4 Life	Links to interactive resources and apps encouraging us all to adopt healthier lifestyles.
Drink Aware app	Free app to track alcohol consumption and set goals to moderate drinking.
Family Planning Association	Direct link to the information and advice pages on the FPA website
Healthy Eating	Patient Info resources on health eating
Live Well	Advice, tips and tools to help you make the best choices about your and wellbeing
Macmillan Cancer Support	Age, lifestyle, diet and reducing your risk of cancer advice
What is a healthy weight for me?	Macmillan cancer support resource on calculating your healthy weight
Many roads to wellbeing	This is a collection of wellbeing themed reading suggestions including poems, short stories, true life stories, quotes and children's stories.
Fitness Studio Exercise Videos	Selection of online exercise videos.
Fitness Trackers	Apps and digital tools to help manage health and fitness
NHS Health Check	Advice for the 40-74 year olds on how to stay healthy and avoid long term conditions
One You	Website and apps encouraging us to lead healthier lifestyles produced by Public Health England
Student Health App	App aiming to provide students with all the information needed to you look after their health and flourish at uni:
	<ul style="list-style-type: none"> Remember to promote relevant titles you may have in local well-being collections eg healthy eating recipe books etc

Mindfulness and Relaxation

Action for Happiness	Website of a movement encouraging people take action for a happier and more caring world
Be mindful-test your stress	Stress questionnaire and online course (charges apply for course)
Calm	Award winning app promoting meditation and sleep. Free trial or subscription available
Good Day At Work	A conversation about the future of work and well-being.
Headspace	Meditation App with free trial or subscription available
Living life to the full	Free online courses covering low mood, stress and resiliency.
Mindfulness Awareness Research Centre	MARC was created to bring to a renowned mental health research institution the ancient art of mindful awareness, in a scientifically supported and rigorous form.
MindTools: Stress Management	Advice on how to manage and reduce stress on the MindTools webpages
Moodzone	Webpage offering information and tips on mindfulness
Northumberland, Tyne & Wear NHS	Audio recordings to help you relax



Foundation Trust: Relaxation techniques	
Mindfulness	Patient Information on Mindfulness
Oxford Mindfulness Centre	At the Oxford Mindfulness Centre our mission is to reduce suffering, promote resilience and realise human potential across the lifespan through mindfulness.
Stop, Breathe, Think	Meditation website and app
The Sleep Council	Tools and advice on getting a good night's sleep. Leaflets available to download for free here .
Ted Talks: mindfulness	Link to Ted talks you-tube video clips on a variety of topics. This one is a playlist about mindfulness
<ul style="list-style-type: none"> • Use this theme to promote any relaxing activities your service may offer such as Yoga classes, Reading Groups, Knitting clubs etc • Promote any activities that your organisation offers to help with relaxation 	

Mental Health

Blurt's mental health toolkit	Web-based resources from Blurt, a social enterprise dedicated to helping those affected by depression
Distract	The distrACT app allows people to access reliable health information about self-harm on-the-go - 24/7, in the privacy of their mobile phone and in one single place.
Five Steps to Mental Wellbeing	Widespread campaign to promote mental wellbeing. Supported by UK Government and Mind.
Mental Health Foundation: Publications	Direct link to free downloadable resources from the Mental Health Foundation webpages
Mental health apps	NHS Mental health apps A-Z
MIND	Webpages offering advice and support on mental health issues. Option to order resources here .
Pennine Care NHS Foundation Trust: Self-help leaflets	23 self-help guides covering a range of mental health issues, providing practical advice and support.
Reading Well for Mental Health	Book list selected by the Reading Agency and partners
Reading Well: Mood boosting books	Reading Well Mood-boosting Books is a national promotion of uplifting titles, including novels, poetry and non-fiction by the Reading Agency.
Reading Well for Young People's Mental Health	Book list selected by the Reading Agency and partners
Rethink Mental Illness	Advice and information on mental health issues, including free factsheets, from Rethink Mental Illness charity
Royal College of Psychiatrists	Expert advice and leaflets available to order at a reasonable cost from the RCP.
SAMH Wellbeing assessment tool	Mental health wellbeing assessment tool.
SANE	Direct link to resources from SANE
Young Minds	Direct link to publications from Young Minds charity which can be bought or downloaded for free.



Patient Stories

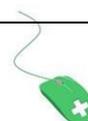
Care Opinion	Care Opinion is a place where patients have shared their experience of health or care services, to help make them better for everyone
Healthtalk.org	Information about health conditions from the patient's perspective
Patient Stories	Patient Stories uses digital and broadcast media approaches to provoke debate about safety and patient experience in healthcare.
Patient Voices	Patient Voices uses video, audio, still images and music to convey patients', carers', practitioners' and managers' own stories in a unique way.
Time to Change	Mental health stories
The Patient Experience Library	Subscription based service The Patient Experience Library holds over 40,000 documents on patient experience and patient/public involvement
Time to Change	Mental health patient stories.
The Patient Voices digital stories	The reflective digital storytelling process which underpins the creation of the Patient Voices digital stories uses video, audio, still images and music to convey patients', carers', practitioners' and managers' own stories in a unique way.
Graphic Medicine	Comics & Healthcare - News, Podcasts and Reviews
There's no bus for dementia	There's No Bus Map for Dementia was created through a collaborative, patient-led approach. Artists and people living with dementia worked together in a series of arts workshops to find ways to represent and share the experience of living well with dementia.
Stories for Health	Gathering and sharing the real experiences of people in healthcare
NHS Improvement Patient Stories	Stories told by individuals from their own perspective and in a healthcare setting can provide us with an opportunity to understand their experience of the care they have received helping us to learn the good, the bad and what could be done to improve their experience.
NHS England Patient Stories	A selection of patient stories
Barnsley CCG Patient Stories	Patient stories bring experiences to life and make them accessible to other people. They encourage the NHS to focus on the patient as a whole person rather than just a clinical condition or as an outcome.
Learning to use patient stories	This guide has been produced to enable healthcare organisations and their teams to successfully implement a series of interventions to improve the safety and quality of care that their patients receive.
NHS Central London Community Healthcare NHS Trust Patient Stories	A patient story is an individual's personal account of their healthcare experience as described in their own words.



	<p>At its simplest, it is a conversation with a patient or someone close to them, such as a relative or carer, which is recorded and transcribed.</p> <p>Patient stories are a continuous improvement tool which help identify areas where we need to improve the quality of services and transform patient and carer experience, through listening and learning from the patient voice.</p>
<ul style="list-style-type: none"> • Look for further patient stories on charity websites and You Tube 	

Health and Digital Literacy

Accessible Health Information Resources	Wealth of resources supporting the NHS accessible information standard
Behind the Headlines	Behind the Headlines is a website which produced by The NHS Website which analyses health stories in the news to see how much truth there is behind them
Dr Jargon playing cards	Free downloadable resources from Focus Games. The aim of the game is to encourage health professionals to avoid using jargon.
Fake news	Factcheck.org – how to spot fake news
Fake news Friday	Open University - Fake News Friday video series
Finding good quality health information on the internet	PDF leaflet developed by Musgrove Park Library, Taunton and Somerset NHS Foundation Trust. This leaflet gives patients a simple guide to appraising health information on the net, either by looking for quality standards or using the mnemonics W W W (who, what, where). Please feel free to adapt with acknowledgements.
Future Learn: Making sense of health evidence	Making sense of health evidence: the informed consumer. A free online course helping consumers to understand whether health information is likely to be reliable or not.
How to be a google expert	How to search the web effectively for reliable health information – Youtube video
Stoke CCG Health Literacy	Health literacy resource
Health on the net	Health On the Net, a non for profit organisation in official relations with the World Health Organization (WHO), promotes transparent and reliable health information online.
Health Literacy Group	A special interest group of the Society for Academic Primary Care who are interested in building the evidence base for Health Literacy.
Learn my way	Free courses on using a computer, browsing the web, sending an email and finding work online.
International Federation of Library Associations and Institutions (IFLA): How to spot fake news	How to spot fake news downloadable infographic



Knowledge for Healthcare PPI training resources on finding quality information	Training resources on finding quality information
Learn My Way	Tools to help the public learn how they can use online resources to support their health
Patient Information Forum	Website of The Patient Information Forum (PIF), a UK membership organisation and network for people working in, and involved with, healthcare information and support.
Testing treatments interactive	Website promoting critical thinking about treatment claims
The Health Literacy Place	Various areas and organisations have made their health literacy resources and learning materials available for use by other partners interested in raising awareness of health literacy.
	Follow on Twitter @TexthelpWork

Social Prescribing

Mood-Boosting Books	Reading Well Mood-boosting Books is a national promotion of uplifting titles, including novels, poetry and non-fiction. The books are all recommended by readers and reading groups.
RCOT MH Specialist Section, Social Prescribing –	RCOT is working with a number of advisory, political and health forums discussing the impact and role for occupational therapy in relation to the social prescribing agenda. This free event will update you on current thinking and disseminate evaluation (23 rd May 2019)
NHS England – Social Prescribing	NHS England’s definition of Social Prescribing
Routes to Inclusion	Good Things Foundation – The Routes to Inclusion project interviews tracks individuals from their first engagement with an online centre, and chart their attitudes toward digital media over the course of a year and a half.
The King’s Fund – Social Prescribing	The King’s Fund – What is social prescribing?
Social Prescribing - BMJ	Social Prescribing – What you need to know
What is social prescribing?	Developing Primary Care in Wales definition of social prescribing
Social prescribing: community support for medical conditions	Medicines can treat symptoms, but restoring quality of life sometimes needs a broader approach. Lucy Trevallion explains what social prescribing is, and meets a patient who’s benefited.
The social prescribing network	The Social Prescribing Network consists of health professionals, researchers, academics, social prescribing practitioners, representatives from the community and voluntary sector, commissioners and funders, patients and citizens. We are working together to share



	knowledge and best practice, to support social prescribing at a local and national levels and to inform good quality research and evaluation.
Social prescribing discussion board	NHS Networks discussion board “Use referral and signposting to non-medical services in the community which increase wellbeing and independence.”

Innovations for preventing illness

BMA Patient Innovation Awards	The BMA Patient information awards winners
Let’s move in Libraries	Let’s Move in Libraries is an international initiative to get people of all ages and abilities moving. It aims to support healthy communities.
NHS England – Future Plans	Discusses future plans for Learning Disabilities care by NHS England
NHS England – Integrated care systems	In an integrated care system, NHS organisations, in partnership with local councils and others, take collective responsibility for managing resources, delivering NHS standards, and improving the health of the population they serve.
NHS Improvement Hub	Select a theme to access improvement tools, resources and ideas from across the health sector
Cleveland Clinic Unveils Top 10 Medical Innovations for 2019	A panel of top doctors and researchers presents the advancements with the power to transform healthcare in 2019
Cleveland Clinic	Website for Cleveland Clinic Innovations
Medical Innovations	The Royal Society of Medicine Medical Innovations
Vanguards	NHS England Vanguards (a group of people leading the way in new developments or ideas)
The King’s Fund – Innovation	Innovative news and reports from the King’s Fund
The Devolution Difference	Greater Manchester Health & Social Care Partnership are making big changes to ensure the right health and social care is in the right places, and that people are getting the support they need, when they need it. These changes are already starting to make a difference.

Promoting Partnerships

CHIP Centre for Health Information Partnerships	The Center for Health Information Partnerships (CHiP) serves a mission to bring people, communities, and data together to enable everyone to live their healthiest lives. Since 2010, we have worked with our partners to strengthen the use of health information technology and improve access to health data.
Healthwatch	Website for Healthwatch, consumer champions for health and social care in England



HIFA	Health information for all (HIFA) is a global health network with more than 17,000 members (health workers, librarians, publishers, researchers, policymakers...) committed to the progressive realisation of a world where every person has access to the healthcare information they need to protect their own health and the health of others.
HLISD	Directory of health library and information services across the UK and Republic of Ireland
KfH PPI Information on developing partnerships	Available on the Health Education England webpages, a set of resources has been developed to support library staff who would like to develop local partnerships, from making the initial connection to forming a multi-sector network of health information professionals
Patient Information Forum	The Patient Information Forum (PIF) is the UK membership organisation and network for people working in, and involved with, healthcare information and support
Public Library links	Link to information on the Health Education England Knowledge For Healthcare webpages about Public Libraries
Society of Chief Librarians	The Society of Chief Librarians leads and manages public libraries in England, Wales and Northern Ireland. SCL is made up of the head of service of every library authority, and advocates for continuous improvement of the public library service on behalf of local people. They are responsible for the Public Libraries' Universal Health Offer.
<ul style="list-style-type: none"> • Follow local charities on social media and share/retweet posts to your followers 	

Disclaimer: The above is a suggested list of resources only. We cannot guarantee accuracy of individual sites and take no responsibility for the information contained therein.

