

BELIEVE IT OR NOT?



TIPS FOR FINDING CREDIBLE MENTAL HEALTH INFORMATION ONLINE

JIGSAW

Young people's health in mind

<https://jigsawonline.ie/>

- WRITTEN BY CLINICIANS
- SUPPORTED BY RECENT IRISH RESEARCH
- A REGISTERED IRISH CHARITY
- PRIVACY POLICY CAN EASILY BE FOUND
- THEY HAVE A DATA PROTECTION OFFICE YOU CAN CONTACT ABOUT YOUR INFORMATION

BELIEVE



SPUNOUT.ie

<https://spunout.ie/>

- REGISTERED IRISH CHARITY
- AUTHOR IS CLEARLY VISIBLE
- WEBSITE IS ENDORSED BY GOVERNMENT BODIES
- DATE OF PUBLISHING IS CLEARLY VISIBLE AND EASY TO FIND

BELIEVE



<https://www.teni.ie/>

- REGISTERED IRISH CHARITY
- WEBSITE HAS RECENTLY BEEN UPDATED
- WEBSITE WAS RECENTLY UPDATED
- SUPPORTED BY RESEARCH
- CLEAR PRIVACY AND GDPR POLICY

BELIEVE



BODYWHYS

The Eating Disorders Association of Ireland

<https://www.bodywhys.ie/>

- REGISTERED IRISH CHARITY
- SUPPORTED BY A GOVERNMENT BODY (HSE)
- WEBSITE WAS RECENTLY UPDATED
- CLEAR PRIVACY POLICY

BELIEVE



<https://turn2me.org/>

- WRITTEN BY A PROFESSIONAL
- AN IRISH CHARITY
- PROVIDES LINKS TO MORE INFORMATION
- DATES ON ARTICLES ARE ALL RECENT
- HAS A CLEAR A PRIVACY POLICY

BELIEVE



LUST FOR LIFE

<https://www.alustforlife.com/>

- A REGISTERED IRISH CHARITY
- PROVIDES LINKS TO MORE RESOURCES AND OTHER SERVICES
- AUTHOR'S AND THEIR AFFILIATION CLEARLY VISIBLE.
- HAS A CLEAR PRIVACY POLICY

BELIEVE

