

# BELIEVE IT OR NOT?



## TIPS FOR FINDING CREDIBLE MENTAL HEALTH INFORMATION ONLINE



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

- REGISTERED IRISH CHARITY
- PROVIDES RESOURCES TO FURTHER READING
- VIDEOS AND LECTURES AVAILABLE FROM CLINICIANS
- PROVIDES LINKS TO OTHER SERVICES
- PRIVACY POLICY CAN EASILY BE FOUND



<https://www.samaritans.org/>

- REGISTERED IRISH CHARITY
- HAS ESTABLISHED HISTORY IN THE COMMUNITY
- DATES ARE CLEARLY VISIBLE
- SUPPORTED BY RECENT RESEARCH
- PRIVACY POLICY CAN EASILY BE FOUND.



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

- REGISTERED IRISH CHARITY
- PROVIDES LINKS TO MORE RESOURCES AND OTHER SERVICES
- HAS ESTABLISHED HISTORY IN THE COMMUNITY
- PARTNERSHIPS WITH OTHER REPUTABLE ORGANISATIONS
- CLEAR PRIVACY POLICY



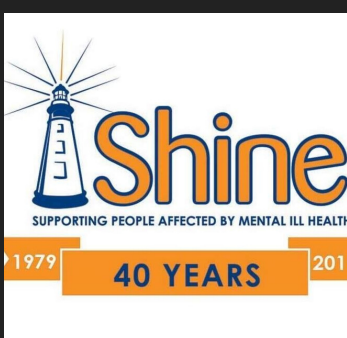
<https://www.pieta.ie/>

- REGISTERED IRISH CHARITY
- HAS ESTABLISHED HISTORY IN THE COMMUNITY
- SUPPORTED BY A GOVERNMENT BODY (HSE)
- WEBSITE WAS RECENTLY UPDATED
- CLEAR PRIVACY POLICY



<https://grow.ie/>

- A REGISTERED IRISH CHARITY
- PROVIDES LINKS TO OTHER SERVICES
- SUPPORTED BY A GOVERNMENT BODY (HSE)
- HAS A CLEAR A PRIVACY POLICY



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

- A REGISTERED IRISH CHARITY
- DATES ON ARTICLES ARE EASY TO FIND
- SUPPORTED BY A GOVERNMENT BODY (HSE)
- HAS A CLEAR PRIVACY POLICY

