

BELIEVE IT OR NOT?

BELIEVE



TIPS FOR FINDING CREDIBLE MENTAL HEALTH INFORMATION ONLINE

1 WHO WROTE IT?

Ask yourself if the person who wrote the piece is an expert in the field. What is the person's relationship to website, their affiliation should be clear. Look at the website URL to see who is responsible for it.

2 HOW OLD IS IT?

Is the information up to date and is based on current research and research? The bottom of the page usually shows the date the content was created.

3 WHAT IS THE PURPOSE OF THE WEBSITE?

Why was the site created? Know the motive or goal of the website so you can better judge its content. Is the purpose of the site to inform or explain?

4 HOW DO THEY KNOW IT?

Is the article based on evidence or do they refer to research for more than one source? Is the information provided similar to other sources?

5 WHO ENDORSES IT?

Look to see if the website/organisation is affiliated to any other reputable organisations or government bodies. Is there an endorsement from the national health service or other government body?

6 WHAT'S THE PRIVACY POLICY?

Read the website's privacy policy. It is usually at the bottom of the page or on a separate page titled "Privacy Policy" or "Our Policies."