

BELIEVE IT OR NOT?



TIPS FOR FINDING CREDIBLE MENTAL HEALTH INFORMATION ONLINE

WHO WROTE IT?

- IS THE AUTHOR'S NAME EASY TO FIND?
- IS THE AUTHOR AN EXPERT IN THE FIELD?
- IS THE AUTHOR'S AFFILIATION TO THE WEBSITE CLEAR?
- IS IT AN ESTABLISHED INSTITUTION?

HOW OLD IS IT?

- IS THERE A DATE ON THE ARTICLE?
- IS THE INFORMATION CURRENT?
- WHEN WAS THE INFORMATION LAST UPDATED?

WHAT'S IT'S THE PURPOSE?

- WHY WAS THE WEBSITE CREATED?
- WHO OWNS THE WEBSITE? Check the url for .gov OR .org
- IS THE PURPOSE OF THE WEBSITE TO INFORM OR EXPLAIN OR TO PROVIDE HELP?

HOW DO THEY KNOW IT?

- IS THE ARTICLE BASED ON EVIDENCE?
- IS THE ARTICLE BASED ON LOTS OF PEOPLE'S RESEARCH?
- DOES IT PROVIDE REFERENCES TO THIS RESEARCH?
- IS THE INFORMATION SIMILAR TO OTHER SOURCES?
- DOES IT PROVIDE LINKS TO OTHER RESOURCES?

WHO ENDORSES IT?

- ARE THERE ANY GOVERNMENTAL LOGOS PRESENT ON THE WEBSITE?
- ARE THERE ANY OTHER ORGANISATIONS AFFILIATED TO IT THAT YOU'VE HEARD OF AND TRUST?
- DO THOSE ENDORSEMENTS/AFFILIATIONS CHECK OUT?

PRIVACY POLICY?

- IS YOUR INFORMATION BEING SHARED WITH A THIRD PARTY?
- IF ASKED FOR PERSONAL INFORMATION, DOES IT STATE HOW THAT INFORMATION WILL BE USED?
- BE WARY OF POPUP ADS AND SUSPICIOUS LINKS