

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."

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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

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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

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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

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Transgender Equality Network Ireland

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

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

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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

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turn2me
a lifeline online

<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

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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

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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



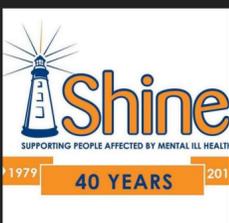
<https://www.pieta.ie/>

- 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

