

Where to find Health Information that you can trust

***Remember, you should always
talk to your doctor or nurse if
you have:***

- ***worries about your health***
- ***questions about the
information you find on the
internet***

Here are some health information websites that:

- can be trusted
- are easy to understand
- are kept up to date

NHS

Find out about:

- medical conditions
- symptoms
- treatments

<https://www.nhs.uk/conditions/>

Find out:

- how your medicine works
- how and when to take it
- possible side effects
- answers to common questions

<https://www.nhs.uk/medicines/>

Easy Health

Easy to understand information with pictures:

<https://www.easyhealth.org.uk/>

Patient

Information on a wide range of health topics:

<https://patient.info/>



You might also be interested in:

Patient Information Leaflets (PILs)

- leaflets written just for patients
- easy to understand
- ask your doctor or nurse for more information

Patient Advice and Liaison Service (PALS)

Do you have a concern about your care?

Contact the PALS team

<https://www.ulh.nhs.uk/patients/patient-experience/pals/>

