



# Reliable health and wellbeing websites



This is a list of government-operated websites that are a good place to start when you're taking your first steps into managing your health and wellbeing online.

**Tip:** You can always tell if a website is operated by the Australian government because the website address will end with .gov.au.

There are lots of very useful and reputable non-government websites too, but until you feel comfortable identifying these, it would be worth trying the ones below first.

While the internet can be useful for researching health and wellbeing, it's important to remember that apps and websites should not be used to diagnose yourself or others if you are sick. Always seek the advice of a medical professional if you are unwell. There are a few different ways you can do this:

1. Visit your GP or healthcare professional.
2. Call the HealthDirect Helpline on 1800 022 222 for 24-hour non-emergency advice from a registered nurse.
3. Call 000 in an emergency situation.



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## HealthDirect - [www.healthdirect.gov.au](http://www.healthdirect.gov.au)

Healthdirect Australia is a national, government-owned, not-for-profit organisation. We have been helping Australians manage their health and wellbeing for over a decade through a range of different information and advice services.

## My Hospitals - [www.myhospitals.gov.au](http://www.myhospitals.gov.au)

MyHospitals is a government-owned website that has been set up to ensure the entire Australian community has easy access to nationally consistent and comparable performance information for public and private hospitals.

## Eat for Health - [www.eatforhealth.gov.au](http://www.eatforhealth.gov.au)

They provide recommendations (based on the latest scientific evidence) on how to eat a healthy diet which can improve the health of Australians and reduce the burden of preventable diet-related death, illness and disability.

## Head to Health - [www.headtohealth.gov.au](http://www.headtohealth.gov.au)

Head to Health brings together apps, online programs, online forums, and phone services, as well as a range of digital information resources to help you manage your mental health.

## Better Health Channel - [www.betterhealth.vic.gov.au](http://www.betterhealth.vic.gov.au)

Better Health Channel provides health and medical information to improve the health and wellbeing of people and the communities they live in. The information is quality-assured and reliable as it is fully funded through the Victorian government.

When you're ready to start searching the internet for your own health and wellbeing information, your Digital Health Mentor will be able to give you some advice on where to get started.