

BELIEVE IT OR NOT?

BELIEVE



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

BELIEVE



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

BELIEVE



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

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

BELIEVE



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

- REGISTERED IRISH CHARITY
- SUPPORTED BY A GOVERNMENT BODY (HSE)
- WEBSITE WAS RECENTLY UPDATED
- CLEAR PRIVACY POLICY

BELIEVE



<https://turn2me.org/>

- WRITTEN BY PROFESSIONALS
- AN IRISH CHARITY
- PROVIDES LINKS TO MORE INFORMATION
- DATES ON ARTICLES ARE ALL RECENT
- HAS A CLEAR A PRIVACY POLICY

BELIEVE



<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

BELIEVE



<https://www.samaritans.org/>

- REGISTERED IRISH CHARITY
- HAS AN ESTABLISHED HISTORY IN THE COMMUNITY
- DATES ARE CLEARLY VISIBLE
- SUPPORTED BY RECENT RESEARCH

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

- PRIVACY POLICY CAN EASILY BE FOUND
- REGISTERED IRISH CHARITY
- PROVIDES LINKS TO MORE RESOURCES AND OTHER SERVICES
- HAS AN ESTABLISHED HISTORY IN THE COMMUNITY
- PARTNERSHIPS WITH OTHER REPUTABLE ORGANISATIONS
- CLEAR PRIVACY POLICY

BELIEVE



Pieta House

<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

BELIEVE

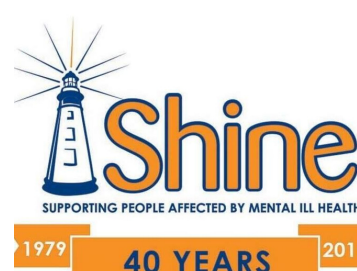


World Community Mental Health Movement in Ireland

<https://grow.ie/>

- A REGISTERED IRISH CHARITY
- PROVIDES LINKS TO OTHER SERVICES
- SUPPORTED BY A GOVERNMENT BODY (HSE)
- HAS A CLEAR PRIVACY POLICY

BELIEVE



<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

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TIPS FOR FINDING CREDIBLE MENTAL HEALTH INFORMATION ONLINE

1 WHO WROTE IT?

Is the person who wrote the article an expert in the field? What is the individual's relationship to the website? Is their affiliation to the website clear? The website's URL outlines who is responsible for it.

2 HOW OLD IS IT?

Is the information up-to-date? Is it based on current evidence and research? Details of the dates, when the content was created is located at the bottom of the page.

3 WHAT IS THE PURPOSE OF THE WEBSITE?

Why was the site created? Find out what the motivations for creating the site are, this will help you evaluate the 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 from more than one source? Is the information provided similar to other sources?

5 WHO ENDORSES IT?

Find out if the website/organisation is affiliated to other organisations or government bodies. Is there an endorsement from the National Health Service or another government body?

6 WHAT IS THEIR PRIVACY POLICY?

Find out what the website's private policy is. It is usually located at the bottom of the webpage or on a separate page under "private 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 IS 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?
- ARE RESEARCH REFERENCES PROVIDED?
- DOES IT PROVIDE REFERENCES TO THIS RESEARCH?
- IS THE INFORMATION SIMILAR TO OTHER SOURCES?

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 PROVE TO BE TRUE?

PRIVACY POLICY?

- IS YOUR INFORMATION BEING SHARED WITH A THIRD PARTY?
- DOES IT STATE HOW YOUR PERSONAL INFORMATION WILL BE USED?
- BE WARY OF POPUP ADS AND SUSPICIOUS LINKS AS THEY COULD BE DANGEROUS.