



Health Information Week

Inspiring Better Health

6th - 12th July 2020

• Finding
information
you can trust
&

• Wellbeing •

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Health Information Week is a national, multi-sector campaign promoting high-quality information for patients and the public. High quality health information can have a huge impact on people's ability to stay healthy and manage illnesses effectively, giving them a better quality of life. We all need information that we can trust, particularly in this time of coronavirus. We also need to look after our wellbeing, whether our mental health or our physical health. In response to these needs, Health Information Week 2020 focuses on the themes of:

- **Finding information you can trust**
- **Wellbeing**

During this week the library will be promoting both themes via the library blog and in the Gosall Library.

Finding information you can trust

- Watch out for the information leaflets posted on the blog informing you of how and where to find trusted information online
- The Trust does have a selection of patient leaflets available at <https://www.lscft.nhs.uk/patient-information-leaflets>

Physical and mental wellbeing

- Call in to the library to see our display of self-help/alternative wellbeing books on a variety of topics and our selection of books on mindfulness
- Don't forget the library also has a collection of fiction books for when you want to switch off and relax