

Online health information

Healthdirect (www.healthdirect.gov.au) is a national, government funded service that helps Australians look after their health.

They have really handy tools like a symptom checker that will ask you various questions about your illness make suggestions as to what to do next. You can also use Healthdirect to find health services near you.

Top tip: Don't panic. There's a lot of information online and it can be easy to get overwhelmed.

The internet can be great if you've already had a diagnosis, but it shouldn't replace seeing a doctor.

Use the usual channels (your GP, a pharmacist or calling 000) if you're concerned about your own health or someone else's.

Top tip: When looking for health advice, use the websites of organisations you trust.

A good rule of thumb is to use the websites of organisations you already know. Your GP should be able to point you towards trustworthy information online too.

Making healthy changes

Making small changes to your diet can dramatically improve your health and the internet's a great place for ideas on making healthy changes.

Top tip: Healthy Weight Guide (www.healthyweight.health.gov.au) has lots of suggestions on eating healthy, with heaps of recipes and suggestions. There is also information on exercising too!

Stopping smoking is also great for your health, although it can be tricky. Your GP can give you support, but you can find more help online.

Top tip: The Quit Now website (www.quitnow.gov.au) provides extra advice and motivation to help you quit.

Online courses - Be Connected

The Be Connected website has advice and beginners' courses about using the internet to search for information such as health and wellbeing tips, and how to make sure these sites are reputable.

Visit beconnected.esafety.gov.au to get started.