

Access to information

A little bit about the internet

There are so many different ways to access information that a simple task can sometimes become quite overwhelming.

The internet is a useful source of information and support for many people. You can find anything from legal information to a recipe for a great chocolate cake. If you would like to learn how to use the internet, the best place to start is your local librarian. Once you learn you will discover a world full of information.

Think about where the information comes from

The reliability of your information can depend on the source. Everyone has their own point of view and it's not always based on evidence. In terms of a recipe for a chocolate cake, a recommendation from a friend could be enough, or perhaps you would prefer to a recipe book that you can be sure has been tested, or you can try your luck with the internet.

Some websites will be authorised by organisations that will verify information, while others just contain information posted by anyone. If you needed a diagnosis for an unusual rash, it is safest to speak to a medical practitioner rather than asking a friend or looking it up on the internet.

Forming your question

When faced with a problem or a situation you would like to resolve, ask yourself:

1. What do I need to know?
2. Where can I go to get the information? (local Library, GP, neighbourhood house)
3. What questions do I need to ask to find out the answers?
4. Who might be able to help?



What are some of the things that will make getting the information you need difficult?

Getting the information you need sometimes requires skills we haven't developed yet, such as using the internet, a phone book or being confident enough to ask a question of someone you have never met.

Although it is difficult to be confronted by things you don't know how to do, there are usually ways around this. For example, if you don't know how to use the internet, you could do a course or book some time in a library.

If you have problems using a phone book you can call 1255 and an operator will give you the number you need.

If you are too shy to ask questions, you could prepare yourself by being clear about what you want to know.

For more information

Ring the Power On Team at Women's Health West on 9689 9588 or look us up online at www.whwest.org.au



women's health west
Power On!
peer education program for women
who have experienced a mental illness