

Further Information about the Trust Libraries

Library staff are happy to help you look for information, and can get copies of any specific articles you want to read (though we may need to send these on to you). If you'd like more detailed information, please ask your key clinician.

For anything other than internet access, please contact the library in advance to ensure staff are able to help you.

Internet access and computer use for non-inpatients is for health-related purposes only.

Other sources of information you may find useful include:

- Your public library- Reading Well Books on Prescription titles
- Computer and Wi-Fi access in some inpatient areas
- Some local university libraries give reference access
- The Trust PALS service can help with some information requests
- Reliable websites such as www.nhs.uk
- The resources page on the library website, which include useful websites and apps for service users and carers:
<http://library.sssft.nhs.uk/libraryresources>

Website Quality Checklist:

The tips below will help you to choose between good and poor quality websites, for accessing information:

- Who has written the information?
 - What are their qualifications to write the information?
 - Are contact details provided?
- When was the information written/updated?
- Why is the information/website there? 'What's in it for them'?
- If the site gives information about a therapy or treatment, does it tell you about disadvantages and alternatives?
- If the site provides clinical information, does it give its sources? (e.g. a list of references or documents at the bottom of the page).