Health: Sources of Health Information

Competency (5+6): Describe and apply strategies for developing and maintaining healthy relationships
Content (5): sources of health information and support services
Content (6): sources of health information
First Peoples Principles of Learning: Learning is reflective

Name: _____

Knowing where to get good information from is key. If you try to get your health information from friends, or unreliable websites, you might get the wrong information, and then you are at risk of getting hurt.

Here are some key sources of health information:

Your parents. You can always ask your parents. It might feel awkward asking them for information, but they want the best for you, and

Your family doctor. You can always ask your family doctor for information. If they don't know the answer, they can refer you to a specialist who will be able to help you. You might want to ask for inform ation privately (without your parents in the room), and that is ok. You can tell your doctor that you would like to have a visit where it is just the two of you.
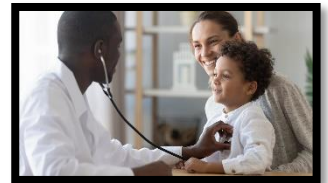
Health pamphlets at a doctor's office or hospital or clinic. You can always grab an information pamphlet, so that you don't have to talk to a person directly. This way you are getting accurate, helpful information, but you are able to read it privately, and in the comfort of your own space.

Vine Youth Clinic (by Peace Arch Hospital). This is for people ages 12-24 years old. Their phone number is 604-542-3926. Their address is 15455 Vine Avenue, White Rock. They offer all types of health: sexual health, mental health, general health, and substance use. Drop-in on Wednesdays.

Kids Help Phone. Kids Help Phone can be contacted 24/7 for confidential counselling and support. Call 1-800-668-6868 or text 686868.

Foundry. https://foundrybc.ca/ Get help for a variety of topics: Physical and Sexual Health Care, Counselling, and Peer Support. Young people aged 12-24 and their caregivers can access same day virtual services or schedule a virtual counselling appointment, find peer support, access primary care, get support with employment, access groups & workshops, or browse our library of tools and resources. Phone: 1.833.308.6379
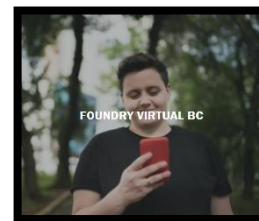
Fraser Health Crisis Line. Fraser Health Crisis Line provides immediate, free, and confidential emotional support, crisis intervention and community resource information to people of all ages, 24 hours a day – everyday. Tel: 604-951-8855 or 1-877-820-7444.

FRASER HEALTH CRISIS LINE
24/7
604.951.8855 | 1.877.820.7444

Health Link BC. https://www.healthlinkbc.ca/
On this website you can find information, and get links to other reliable websites.

Check your symptoms
Use the interactive symptom checker to find trusted health information online.

Get health advice now
Call 8-1-1 and talk to a navigator to get connected with a health care provider.

Find a primary care provider
Register to be matched with a family doctor or nurse practitioner in your community.

Visit a pharmacist
Pharmacists in B.C. can assess and treat 21 minor ailments, prescribe contraceptives and renew some prescriptions.

811 8-1-1 is a free-of-charge provincial health

information and advice phone line available in British Columbia. The 8-1-1 phone line is operated by HealthLink BC, which is part of the Ministry of Health. By calling 8-1-1, you can speak to a health service navigator, who can help you find health information and services; or connect you directly with a registered nurse, a registered dietitian, a qualified exercise professional, or a pharmacist. Any one of these healthcare professionals will help you get the support you need to manage your health concerns, or those of your family.

HealthLinkBC.ca
24/7

Kelty Mental Health / BC children's. The BC Children's Kelty Mental Health Resource Centre provide mental health and substance use information, resources, and peer support to families across BC, with a child or youth up to the age of 24. All of our services are free of charge. Phone: 604-875-2084 or toll-free from anywhere in BC: 1-800-665-1822 Email: keltycentre@cw.bc.ca Zoom video call: Contact by phone or email to arrange

BC Children's Hospital | Kelty Mental Health Resource Centre
Provincial Health Services Authority

Sex Sense Line – call or email to talk to a professional about a sexual health question at 1-800-739-7367. They provide reliable confidential free information on-line too. https://www.optionsforse xualhealth.org/sex-sense/ Sex Sense is a free, pro-choice, sex-positive, and confidential** service. Our team of registered nurses, counsellors, and sex educators offer information and resources on sex, sexuality and sexual health, for people living in British Columbia and the Yukon, Canada. Call us at 1-800-739-7367 throughout BC* or 604-731-7803 in the Lower Mainland, or submit your question through the email form on the website.

OPTIONS FOR SEXUAL HEALTH

Sexuandu.ca

sexandu.ca – created by a society of obstetricians and gynaecologists in Canada. SexandU.ca takes a real-life approach to the questions and issues around sex and sexuality that matter most to Canadians. From talking about sex, to lifestyle choices, to contraception awareness and sexually transmitted infections, SexandU.ca provides accurate, credible, and up-to-date information and education on topics related to sexual and reproductive health.

Options for Sexual Health.
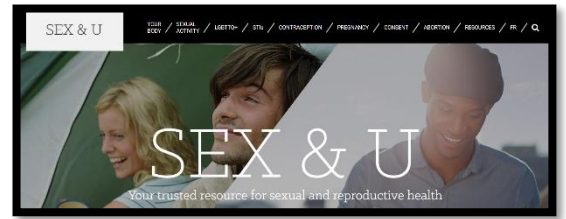
https://www.optionsforsexualhealth.org/ At Options for Sexual Health (Options) we care about the healthy sexuality of all. Based in British Columbia, we are All About Choice: we offer current sexual and reproductive health care, information, and education from a feminist, pro-choice*, sex positive perspective. 3550 East Hastings St. Vancouver, BC V5K 2A7 1-800-739-7367

BC CDC (BC Center for Disease Control).

http://www.bccdc.ca/ The CDC gives Canadians information about viruses, bacteria, illness, and overall health information.

Of the 14 sources listed above, choose the five that you think would be the most useful, and discuss why.

Source: _____

Why it would be the most useful: _____

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Source: _____

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