



Putting Health Literacy Skills to Use

Do you have a health question for which you would like to find an answer? Look at these tips. They can help you find accurate, trustworthy, and relevant information!

Identify your goals. What is it that you REALLY want to know?

Select appropriate websites. On the "Get Started" page, find "Build A Great Search" for information on what makes some websites better than others for health information

Share the information that you find! On the "Make a Plan" page, you will find how to do this effectively.

Assess what you find. Decide which information applies to you and your specific situation

Make your action plan

- Identify a specific problem
- Make a specific goal
- Write down all possible solutions to your goal
- Evaluate each solution and choose 2 or 3 that might make a good start
- Save your list! As you make progress, solutions that do not look practical right now might look a lot different later
- Pick a date to try your solution. It doesn't need to be today or tomorrow, just a day and time that works the best for you
- Did your solution work? If not, don't worry, make adjustments and try again.

Here is an example of an action plan:

Your goal	Possible strategies	Pick a date	Evaluate solution
Begin doing more physical exercise	<ol style="list-style-type: none">1. Check online. Is there a cycling group in my town?2. Sign up for a gym membership3. Set up a time each day to go for a brisk walk	Will walk after dinner starting on Monday	I couldn't get out of the house because of the kids. Maybe after dinner is not the best time. Maybe after lunch when the kids are at school would work better?

Find more at [mentalhealthbridges.org](https://www.mentalhealthbridges.org)

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