

How does Words for Wellbeing work?



Your health professional at the Townsville Hospital and Health Service may recommend Words for Wellbeing to you



You visit your local CityLibraries Townsville location to borrow a reliable health resource for free (the librarian can help)



You borrow the resource and learn more to help you achieve good health



citylibraries



Words for
WELLBEING

The books and resources available through Words for Wellbeing do not replace professional advice or care from your doctor.

If you are worried about your own or someone else's health or wellbeing you can get help from:

- Your local general practitioner
- 13Health - 13 43 25 84 (24 hours)
- Lifeline - 131 114 (24 hours)
- Kids Helpline - 1800 551 800 (24 hours)
- Suicide call back service - 1300 659 467 (24 hours)

In an emergency please call Triple Zero (000)

For more information visit
townsville.qld.gov.au/w4w

**A program that
provides easy access
to books and resources
recommended by health
professionals to help
you achieve good health**

What is Words for Wellbeing?

Words for Wellbeing provides you with a list of useful, trusted, self-help resources that have been recommended by health professionals in Queensland.

Books can be borrowed from CityLibraries Townsville locations and are easily identified with a Words for Wellbeing sticker on the spine of the book. Any library member can access this collection, and library membership is free. There is also a range of **apps** to download to your smart device, and **websites** that cover many health topics.

Visit the Words for Wellbeing website for more information on all available resources.

townsville.qld.gov.au/w4w

If you feel that you have a mental or physical health issue, it is important that you make an appointment with your healthcare provider. Your treatment plan may involve some education about your health condition and some recommended reading from our Words for Wellbeing list.

General Health Information

Medline Plus: medlineplus.gov
Information about diseases, conditions, and wellness.

Health topics: medlineplus.gov/healthtopics.html

Mental Health: headtohealth.gov.au

Get Healthier and Happier: healthier.qld.gov.au

Multicultural health information:
mhcs.health.nsw.gov.au

Trusted Australian and New Zealand websites for specialised health information

Alzheimer's Australia Queensland:
qld.fightdementia.org.au

Arthritis Queensland: arthritis.org.au

Asthma Australia: asthmaaustralia.org.au

Australian Breastfeeding Association:
breastfeeding.asn.au

Australian Hearing: hearing.com.au

Australian Pain Management Association:
painmanagement.org.au

Baker Heart and Diabetes Institute: baker.edu.au

Better Health Channel: betterhealth.vic.gov.au

Beyond Blue: beyondblue.org.au

Breast Cancer Network Australia: bcna.org.au

Cancer Council Queensland: cancerqld.org.au

Carers Australia: carersaustralia.com.au

Coeliac Australia: coeliac.org.au/coeliac-disease

Diabetes Queensland: diabetesqld.org.au

Eat for Health - Australian Dietary Guidelines:
eatforhealth.gov.au

Eating Disorders Queensland:
eatingdisordersqueensland.org.au

Gastroenterology Society of Australia: gesa.org.au

Heart Foundation: heartfoundation.org.au

Heart Support Australia: heartnet.org.au

Hepatitis Queensland: hepqld.asn.au

Kidney Health Australia: kidney.org.au

Lung Foundation Australia: lungfoundation.com.au

Multiple Sclerosis Australia: msaustralia.org.au

Nutrition Australia Queensland: naqld.org

Obesity Australia: obesityaustralia.org

Palliative Care Queensland: palliativecareqld.org.au

Parkinson's Queensland: parkinsons-qld.org.au

Prostate Cancer Foundation Australia: pcfa.org.au

Raising Children: raisingchildren.net.au

Sleep Health Foundation: sleephealthfoundation.org.au

Stroke Foundation: strokefoundation.com.au

Vision Australia: visionaustralia.org

