



## Health Resources on the Web

All these resources are FREE and can be accessed from any PC with Internet access!

### BC Health Resources

Ministry of Health – Internet Resources
<a href="http://www.health.gov.bc.ca/navigation/online.html">http://www.health.gov.bc.ca/navigation/online.html</a>
online services available from the BC Ministry of Health's website

BCHealthGuide
<a href="http://www.bchealthguide.org">http://www.bchealthguide.org</a>
Includes information on the BCHealthGuideOnline, BCNurseLine, BCHealthFiles and the BCHealthGuide.

<b>U.S. National Library of Medicine &amp; National Institutes of Health</b>
<a href="http://medlineplus.gov/">http://medlineplus.gov/</a>
Will direct you to information to help answer health questions with over 800 topics on conditions, diseases and wellness. MedlinePlus also has extensive information about drugs, an illustrated medical encyclopedia, interactive patient tutorials, and latest health news.

Canadian Mental Health Association: BC Division
<a href="http://www.cmha-bc.org/">http://www.cmha-bc.org/</a>
Includes information on the organization and the different branches within BC. Site includes a Stress Test and a Mental Health Survival kit.

HeartBC
<a href="http://www.healthyheart.bc.ca/">http://www.healthyheart.bc.ca/</a>
BC's source for information on heart health. Includes information about heart disease and information for healthcare professionals.

Heart & Stroke Foundation BC
<a href="http://www.heartandstroke.com">http://www.heartandstroke.com</a>
Includes sections on heart disease, stroke, research and healthy living.

Kaiser Foundation

<http://www.kaiserfoundation.ca>

Directory of Addiction Services for BC.

## Canadian Health Resources

Arthritis Society

<http://www.arthritis.ca>

Information on the different types of arthritis, tips for living with arthritis, research information and local programs.

Breast Cancer Society of Canada

<http://www.bcsc.ca/>

Information about breast health and how to get involved in fund raising

Canadian Cancer Society

<http://www.cancer.ca>

Information about cancer, prevention, research and support services.

Canadian Diabetes Association

<http://www.diabetes.ca>

Information about diabetes and support programs.

Canadian Health Network

<http://www.phac-aspc.gc.ca/chn-rcs/index-eng.php>

Health information for everybody from the Public Health Agency of Canada. Information available in English and French.

Canadian Women's Health Network

<http://www.cwhn.ca>

Information, resources and strategies for improving the health of Canadian women. Information available in English and French.

Health Canada

<http://www.hc-sc.gc.ca>

Information on healthy living, health care, diseases and health protection from Health Canada. Information available in English and French.

Osteoporosis Society of Canada

<http://www.osteoporosis.ca>

Information about osteoporosis, programs, community contacts and research.

## First Nations Health Resources

### First Nations and Inuit Health Branch

<http://www.hc-sc.gc.ca/fniah-spnia/index-eng.php>

Information on community programs, non-insured health benefits and primary health care.

### First Nations Chiefs Health Committee

<http://www.fnhc.ca/>

Information about programs, initiatives, publications and reports.

### Healing Our Spirit: BC Aboriginal HIV/Aids Society

<http://www.healingourspirit.org/>

Includes information on programs and resources.

### Helping Spirit Lodge Society

<http://www.helpingspiritlodge.org/>

Includes information on their philosophy, programs, family violence and community resources.

### Vancouver Native Health Society

<http://www.vnhs.net>

Delivers medical, counseling and social services, with an emphasis on providing care to the Aboriginal community. Programs are accessible without fees to native and non-native individuals residing in Vancouver's Downtown Eastside.

## Vancouver Health Resources

### Carnegie Newsletter

<http://carnegie.vcn.bc.ca/index.pl/newsletter>

Includes link to the online version of "Help in the Downtown Eastside".

### Downtown Eastside Women's Centre

<http://www.dewc.ca/>

Explains their mission, purpose and programs. Includes information about their Drop-in Centre, Skills Development Program and specialized services.

### Vancouver Coastal Health

<http://www.vch.ca>

Information provided on local community health services, news links, health links, research and education.

Your Notes: