



Health Information @ Halifax Public Libraries

Halifax Public Libraries is a source of information on chronic conditions and other health matters.

We offer:

- ◆ **Access to a large collection of books and DVDs** at our 14 locations on a variety of health topics including:

- Disorders and diseases
- Mental wellness
- Medications
- Addictions
- Special diets
- Nutrition & fitness
- Parenting & family health
- Self-help

- ◆ A selection of **downloadable health-related eBooks, audiobooks and videos**

- ◆ **Links to reputable online sources and health databases:**

www.halifaxpubliclibraries.ca/research/topics/health.html

Use health databases to find current health information from magazines, journals, pamphlets and reference sources. All you need is a Halifax Public Libraries card.

Health databases include:

- **Health and Wellness Resource Centre**
Search for information on a variety of topics including fitness, pregnancy, diseases and prescription drugs.
- **Health Reference Centre Academic**
Find information on nursing, diet, physiotherapy and more.
- **The Cochrane Library**
Research human health care and health policy. Includes systematic reviews and clinical trials



Health Information @ Halifax Public Libraries (cont'd)

- ◆ **Health-related information sessions and presentations** - For details, check our website or pick up a copy of *Library Guide* at your branch.
- ◆ **Interlibrary loans service** - Access health collections from other libraries, including university and Capital Health libraries.
- ◆ **Ask a Librarian service** - Staff will answer questions and direct you to appropriate resources. If your question is more complex, we will give you guidance on how to start your research. Call (902)490-5710 or email asklib@halifaxpubliclibraries.ca .

Getting a Library Card

It's free to join Halifax Public Libraries. All you need is two (2) pieces of identification indicating your mailing address and a unique ID number.

Register in person at any of our 14 locations or apply online:

www.halifaxpubliclibraries.ca/how-do-i/borrow/get-library-card.html

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