



Health Information Week 2025

Inspiring Better Health

#HIW2025 #HIWWAL



Monday 20th January - Winter Health

- ⊕ [Winter Health](#) resources list
- ⊕ Health and well-being information from Public Health [Walsall Wellbeing Directory](#)
- ⊕ [The New Art Gallery Walsall](#) discover what's on

Tuesday 21st January - Mental Health

- ⊕ [Mental Health](#) resources list
- ⊕ [Clinical Health Psychology](#) supporting your mental health

Wednesday 22nd January - Wellbeing

- ⊕ [Wellbeing](#) resources list
- ⊕ [Health and Wellbeing offerings](#) - uplifting resources and EnergyPod (WHT staff only)
- ⊕ [Self-Care Management Team](#) - providing support to people with long term health conditions
- ⊕ [Macmillan Services](#) - cancer support at Walsall Manor hospital
- ⊕ [Menopause titles available from the library](#)
- ⊕ [Fiction collection available from the library](#)
- ⊕ [School Nursing Service](#) - supports children and young people with concerns around emotional and mental wellbeing
- ⊕ [Be Well Walsall](#) – free wellbeing service for anyone living or working or registered with a GP in Walsall
- ⊕ [8 Steps to Wellbeing Plan](#) - understand what is important to keep you healthy, well and independent
- ⊕ Walsall Public Health and wider support services - [a life course guide](#)

Thursday 23rd January - Health Literacy and Misinformation

- ⊕ [Health Literacy and Misinformation](#) resources list
- ⊕ Health Literacy programme - [Health Literacy - eLearning for healthcare \(e-lfh.org.uk\)](#)
- ⊕ [Walsall Public Libraries](#) - find out about the services
- ⊕ EIDO - patient information library assisting patients in making informed decisions about their treatment, procedures, or care (WHT staff only - link on Trust intranet page)

Friday 24th January 2025 - Digital Literacy

- ⊕ [Digital Literacy](#) resources list
- ⊕ Digital tools to manage your health [NHS App Library](#)

In partnership with

Clinical Health Psychology Service
Health and Wellbeing
Self-Care Management Team
Macmillan Services
Walsall Together
The New Art Gallery Walsall

School Nursing Service
Walsall Public Libraries
The QUIT Team
Walsall Public Health

[WHT Library and Knowledge Services](#)
[RWT Library and Knowledge Services](#)



@Health_Library
@rwtlibrary