

Be Well, Be Well Informed

*By: Valerie Sherman
Science & Technology
Division Manager
Akron-Summit County
Public Library*

Knowledge is power, especially when it comes to your health. With so much information out there, how can you

filter out the good stuff? Go to the Library! The Akron-Summit County Public Library is committed to making reliable health information easy to find and access. Librarians in the Science & Technology Division have created a new Health Information Center to help you with your medical

information needs.

What sets the Health Information Center apart is the focus is on you and your well-being. Books in the collection are current and written for everyday folks with practical and easy to understand health information. You will find books on a variety of topics including emotional and physical wellness, living with chronic conditions, caregiving, medical tests and prescriptions among others. Feel free to browse the shelves or ask for assistance from one of our librarians. The Health Information Center is next to the reference desk so help is just a few steps away.

However, the Health Information Center is much more than just the books. Science & Technology Librarians have completed training as Consumer Health Information

**Portage Path Behavioral Health's
SUPPORT Hotline**
Call 330-434-9144 or 1-800-273-TALK (8255)
for 24-hour assistance.

**The Summit County Suicide
Prevention Coalition**
preventsuicide@adm.org

Specialists through the Medical Library Association and are well prepared to help you in your search. Our blog at ascplhealth.akronlibrary.org has many additional resources. There you will discover trusted website links, upcoming class and program information, medical news headlines and posts on a variety of health related topics. Also, be sure to check out the medical databases you can access 24x7 with your library card.

We are eager to help you find quality health information in a variety of formats for

a lifetime of wellness. Find out more by going to the Health Information Center Blog at ascplhealth.akronlibrary.org, calling the Science & Technology Division 330.643.9075 or visiting us in the Main Library at 60 S High St, Akron OH.

If you or someone you know need emotional support, the Lifeline is available 24/7 at (800) 273-TALK (8255). If you are interested in becoming a part of the Summit County Suicide Prevention Coalition, call (330) 762-3500 or email at preventsuicide@admboard.org.

