



# Helping Public Libraries Meet Community Health Needs

## NNLM AND PUBLIC LIBRARIES

The Network of the National Library of Medicine (NNLM) works with public libraries to ensure they are prepared to meet the health information needs of their communities by providing resources, educational opportunities, and funding for health-related programming and outreach, all at no cost to our members.

### MEMBERSHIP

Public libraries are invited to the Network of the National Library of Medicine as members! Membership is free and provides benefits, such as:

- Free educational materials for order and download
- Professional development webinars and online courses
- Funding for professional certifications from the Medical Library Association (MLA)
- NNLM membership certificate to display your library's commitment to providing access to health information

### FUNDING

Programming and Outreach:

- Public libraries are encouraged to apply for funding for programs and projects promoting health information, particularly National Library of Medicine resources.
- The funding period cycle is from May 1 through April 30, calls for applications are made in the winter.

Consumer Health Information Specialization (CHIS) from MLA

- NNLM sponsors the application fee for both levels of the specialization, as well as renewals
- Certification requires renewal every three years
- All NNLM classes for the specialization are available online for free.

Funding is awarded regionally, locate your regional office <https://nnlm.gov/about/regions>

### TRAINING

NNLM offers free training for public libraries interested in health information topics and resources from the National Library of Medicine. Our goal is to equip public libraries with knowledge and skills for providing health information to their communities. See the schedule of upcoming training opportunities at <https://nnlm.gov/training>

## HEALTH INFORMATION RESOURCES

### GENERAL HEALTH

**MedlinePlus** Your go-to resource for information about diseases, conditions, and wellness issues in language you can understand. <https://medlineplus.gov/>

### DRUG AND SUPPLEMENT INFORMATION

**MedlinePlus Drugs** Learn about prescription drugs and over-the-counter medicines. Includes side effects, dosage, special precautions, and more. <https://medlineplus.gov/druginformation.html>

**Herbs and Supplements from MedlinePlus** Browse dietary supplements and herbal remedies to learn about their effectiveness, usual dosage, and drug interactions. [https://medlineplus.gov/druginfo/herb\\_All.html](https://medlineplus.gov/druginfo/herb_All.html)

**National Center for Complementary and Integrative Medicine (NCCIH)** at the National Institutes of Health (NIH) funds and conducts research to help answer important scientific and public health questions about complementary health approaches. NCCIH works to determine what is promising, what helps and why, what doesn't work, and what is safe. <https://nccih.nih.gov/>

**DailyMed** NLM's searchable database provides the most recent labeling submitted to the FDA by companies and currently in use. DailyMed contains labeling for prescription and nonprescription drugs for human and animal use, and for additional products such as medical gases, devices, cosmetics, dietary supplements, and medical foods. The labeling on DailyMed is typically reformatted to make them easier to read. <https://dailymed.nlm.nih.gov/dailymed/>

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## AUDIENCE SPECIFIC RESOURCES

**National Institute on Aging** – NIA leads a broad scientific effort to understand the nature of aging and to extend the healthy, active years of life. It supports and conducts Alzheimer’s disease research  
<https://www.nia.nih.gov/health>

**Older Adult Health from MedlinePlus** Written for older adults and their charming health needs  
<https://medlineplus.gov/olderadulthealth.html>

**Center for Young Women’s Health** Provides teen girls and young women with carefully researched health information, health education programs, and conferences.  
<https://youngwomenshealth.org/>

**Girlshealth.gov** Offers girls reliable, useful information on health and well-being. Covers hundreds of topics, from getting your period to stopping bullies, and from getting fit to preventing sexually transmitted infections.  
<https://www.girlshealth.gov/>

**KidsHealth.org** - Information you can trust about kids and teens that’s free of “doctor speak”. <http://kidshealth.org/>

**Teen Health from MedlinePlus** This page is written for teens and can help answer their health questions.  
<https://medlineplus.gov/teenhealth.html>

**Children’s Health from MedlinePlus** Written for parents. Includes information on regular checkups, nutrition, exercise, development, and more  
<https://medlineplus.gov/childrenshealth.html>

**Womenshealth.gov** The Office on Women’s Health coordinates efforts across and addresses critical women’s health issues by informing and advancing policies, educating health care professionals and consumers, and supporting model programs.  
<https://www.womenshealth.gov/>

**Young Men’s Health** The website provides carefully researched health information to teenage boys and young men. <http://youngmenshealthsite.org/>

**LGBTQ+ Health from MedlinePlus** LGBTQ+ individuals have special health needs and struggles. This page has information about health issues that are specific to the LGBTQ+ community.  
<https://medlineplus.gov/lgbtqhealth.html>

## MULTILINGUAL AND MULTICULTURAL RESOURCES

**MedlinePlus in Spanish** Find over 1,000 health topics covering diseases, conditions, and wellness issues in Spanish on [MedlinePlus en español](https://medlineplus.gov/spanish/)  
<https://medlineplus.gov/spanish/>

**NIH Spanish Health Information Portal** The Spanish language port to resources from the National Institutes of Health. <https://salud.nih.gov/>

**EthnoMed** Harborview Medical Center’s ethnic medicine website containing medical and cultural information about immigrant and refugee groups. <https://ethnomed.org/>

## MENTAL HEALTH RESOURCES

**Mental Health from MedlinePlus** Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act as we cope with life.  
<https://medlineplus.gov/mentalhealth.html>

**Depression from MedlinePlus** Depression is more than just a feeling of being sad or “blue” for a few days. If you are one of the more than 19 million teens and adults in the United States who have depression, the feelings do not go away.  
<https://medlineplus.gov/depression.html>

**Anxiety from MedlinePlus** Anxiety is a feeling of fear, dread, and uneasiness. It might cause you to sweat, feel restless and tense, and have a rapid heartbeat. It can be a normal reaction to stress. For example, you might feel anxious when faced with a difficult problem at work, before taking a test, or before making an important decision.  
<https://medlineplus.gov/anxiety.html>

**SAMHSA (The Substance Abuse and Mental Health Services Administration)** leads public health efforts to advance the behavioral health of the nation and to improve the lives of individuals living with mental and substance use disorders, and their families. <https://www.samhsa.gov/>

**Caring for your Mental Health – National Institute on Mental Health** Mental health includes emotional, psychological, and social well-being. It affects how we think, feel, act, make choices, and relate to others. Mental health is more than the absence of a mental illness—it’s essential to your overall health and quality of life.  
<https://www.nimh.nih.gov/health/topics/caring-for-your-mental-health>