



App

## Health Direct



**Evidence ratings:**



This resource has undergone expert review. See our Help/Q&A section for more details.

**Year:** Year 7-8, Year 9-10, Year 11-12

**Targeted Drugs:** Alcohol, Drugs (General), Tobacco

**Tags:** health, symptoms, advice, help-seeking

**Origin:** Australian

**Cost:**

Free

### Available

This app is available for iOS and Android devices

[Download on the Apple App Store](#)

[Download on Google play](#)

### Developers

Health Direct Australia, Australian Government Department of Health, ACT Health, NSW Ministry of Health, Northern Territory Government, SA Health, Tasmania Government, Government of Western Australia.

### Summary

This app provides trusted health information, sourced from Australia's leading health organisations. Users can check their symptoms using a Symptom Checker Tool, look up information on a range of medications and use the Australia-wide directory to find a health service. The app can also be used in emergency situations, providing the latitude and longitude coordinates that the user can tell emergency services if they don't know where they are.

### Expected Benefits

- Access to trustworthy and accurate health information
- Ability to check symptoms and be guided to next steps for management of these symptoms
- Easily find a health service Australia-wide using the directory

### Evidence Base

**Expert Review\*:**

The information provided in this app is highly credible and has been through a quality assurance process to ensure it is safe, accurate and relevant for Australians. The app is easy to use and contains a large amount of information on a broad range of health topics. It also contains a regularly-updated blog that provides information about topical health issues. Teachers, parents and students may benefit from the extensive amount of information on a range of health topics, including information about drugs and alcohol, associated problems and how to seek professional help for themselves or a loved one.

\*Review provided by researchers at the Matilda Centre for Research in Mental Health and Substance Use at the University of Sydney.