



**Canadian Mental  
Health Association**  
Halifax-Dartmouth

## **GETTING THROUGH THE DIGITAL DOOR**

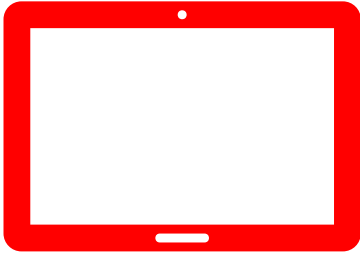
### **How To Find The Right Information Online**



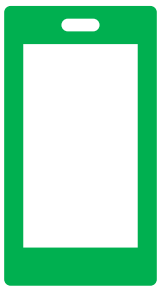
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There is so much information online, but it is important to know how to tell the difference between the useful information from the dangerous information.



One way to tell is, if the information you find online is useful information, is to find out what person or group is giving out the information online.

If it seems like the person or group giving out the information is hidden on the website, then you need to question if the information is real.



Another way to tell if the information on a website or the website itself is good to use, is to see how other websites use the information or are linked to the website you are looking at.



Make sure that the information you are searching for online is useful information and not information that will be dangerous or hurtful to you.