Self-Help
RESOURCE LIBRARY

Institute for a Healthier Community
PROVIDENCE Health & Services

Welcome to the PIHC Self-Help Resource Library. Many health problems are preventable and can be costly. They often begin early in life and progress over time. Here you will find *easy access* to information about a variety wellbeing areas and health topics, including some tools and tips to support health and healing. Please note that these resources are no direct substitute for medical or mental health services. Content accessed from external links is the property of the organization whose website it is posted on—PIHC does not own or control this content.

"What you do today can improve all your tomorrows." **Ralph Marston**

PREVENTATIVE CARE

Getting recommended preventive services can help you stay healthier throughout your life. For many people, certain preventive health care is now **FREE** with no copays or deductibles. Learn about the preventive care that you or your loved one's need to stay healthy.

A Roadmap to Better Care and a Healthier You - CDC PDF

Be an Informed and Involved Consumer - U of MN

Recommended Screenings All Ages and Stages - CDC

HEALTHY CONDITIONS A-Z

Learn about prevention, symptoms, causes, and treatment of diseases, illnesses, injury or health conditions. Including information on home care and home health aides.

General

- A-Z Comprehensive Health Topics - Medline Plus
- A-Z topics and tools to help you and your family stay healthy - CDC
- Health Screenings Information - Medline Plus
- Harvard Health
- Health Library - washington.providence.org
- Medline Plus Home

Integrated & Complementary Health

- A-Z Topics National Center for Complementary and Integrative Health - NIH
- Manage Health Conditions A-Z - U of MN

Self Help Library Dimensions of Wellbeing

SECURITY & BASIC NEEDS

Financial Literacy - PBS

Home and Neighborhood Safety - NCPC

Homeownership and Foreclosure Information - WA State

How Does Money Impact Wellbeing - U of MN

Learn to Manage Debt - U of MN

Mint—www.mint.com/

Money Management Tips for Seniors - NCOA

PHYSICAL HEALTH

General

Health Living - CDC

Healthy Living – You and Your Family - WA. State DOH

Health You: Free health tipsheets (PDFs)—APHA

JIYO Your Better Half (wellbeing partner) — Deepak Chopra

Living Well Courses - The Big Know

My Plate - CDC

Bone and Joint Health

Bone Health - NIH

Healthy Joints Matter Website - NIH

Healthy Joints Matter - NIH (PDF)

Cancer

About Cancer - NIH

Learn About Cancer - ACS

Diabetes, Digestive and Kidney

American Diabetes Association (Spanish)

Diabetes - CDC

Digestive Disorders - Nutrition. Gov

Diabetes, Digestive and Kidney Cont.

Living Well With Diabetes Self Care Workbook (audio and video options) - ADA

Pre-diabetes Risk Test Bilingual - ADA/CDC

Tools and Resources for People Living with Diabetes - AADE

Living Well Courses - The Big Know

Pre-diabetes Information - CDC

Heart and Stroke

CDC Fact Sheets: Heart Disease, Stroke, High Blood Pressure, Cholesterol, Salt | High Blood Pressure - CDC

Heart Conditions and Stroke - AHA | Heart Disease - CDC

Salt - CDC | Stroke Information - CDC

Injury Prevention and Safety

Child Safety and Injury Prevention - CDC

Injury Prevention - CDC (Data, Home & Recreational Safety, Prescription Drug Overdose, Traumatic Brain Injury, Violence Prevention)

Preventing Sports Injuries in Youth - NIH

Safe Kids Worldwide

Stop Bullying - stopbullying.gov

Tai Chi for Falls Prevention - NCOA (PDF)

Trevor Project: Preventing Suicide LGBTQ

Weight Management

Weight Management - Nutrition.gov

Pregnancy

All about Pregnancy Before, During, After - CDC

Pregnancy and Parenting - National Women's Health Resource Center

Sexually Transmitted Diseases, HIV and Hepatitis C

CDC: HIV Information | HIV Risk Reduction Tool | Hepatitis C

STD Information

Self Help Library Dimensions of Wellbeing

MENTAL/EMOTIONAL AND SPIRITUAL HEALTH

Depression and Suicide

Depression and Suicide—www.save.org/

Suicide Prevention—Snohomish Health District

Trevor Project: Preventing Suicide LGBTQ

Emotional Wellbeing

Emotional Intelligence Toolkit - helpguide.org

How to deal with Chronic Fear and Anxiety—U of MN

Living Well Courses - The Big Know

Volunteering - helpguide.org

Gratitude and Positivity

10 Ways to Be a More Thankful Person—U of MN

Character Strengths Survey—VIA Institute

Living with Positivity: an Interview with Dr. Barbara Fredrickson—U of MN I Positivity Assessment

Science of Hope– U of MN

The Greater Good UC Berkeley : Greater Good Quizzes

Greater Good in Action

Mental Health

Mental, Emotional and Social Health - helpguide.org

Mental Health.Gov I Mental Health Topics, Information and Treatment—NIH I OK2TALK.ORG I Reach Out: Getting Through Tough Times (teens and young adults)- www.reachout.com I What is Mental Health? Video

By Populations

Child & Adolescent- NIH I Older Adults - NIH I Men - NIH

Women NIH I Teen Mental Health—teenmentalhealth.org

Mindfulness and Meditation

An Interview with Jon Kabat-Zinn—U of MN I Guided Meditations - UCLA

Substance Abuse

Substance Abuse and Mental Illness Prevention, Treatment and Recovery - SAMHSA

SOCIAL CONNECTIONS

Kids and Parents

Kids Health (Parents Teens and Kids) - kidshealth.org

Youth Engaged 4 Change - youth.gov

Relationships

Healthy and Unhealthy Relationships - loveisrespect.org

Healthy Relationships Adults - Gottman Institute

Relationships - helpguide.org I Stop Bullying - stopbullying.gov

Resilience

ACES Information - CDC

Using Resilience to Build a Flourishing Life - U of MN

Yourself

Self-Compassion - U of MN

Daring to Be Vulnerable with Brené Brown - U of MN

Brené Brown Website

NEIGHBORHOOD & ENVIRONMENT

How Nature Impacts our Wellbeing - U of MN

Snohomish County Resources:

Don't Needle Your Garbage Collector – PDF

Household Hazardous Waste Facility and Product List

Recycling and Transfer Centers and Rural Drop Box Sites

Snohomish County Residential Recycling Guide

WSU Snohomish County Extension

WORK/LEARNING & GROWTH

What's My Purpose? U of MN

Work and Career - helpguide.org

Self Help Library populations

POPULATIONS

African American

African American Health - Medline Plus

Asian American

Asian American Health - Medline Plus

GLBT

Gay, Lesbian, Bisexual and Transgender Health - Medline Plus | LGBT Health - CDC

Hispanic

Hispanic American Health Medline Plus

Health Disparities

Health Disparities - Medline Plus | Office of Minority Health | Think Cultural Health - OMH

Kids, Teens and Parents

Bones, Joints, Muscles, and Healthy Skin - NIH

Children's Health - Medline Plus

Kids Health - kidshealth.org (Spanish)

Parents - kidshealth.org (Spanish)

Seattle Mama Blog—Seattle Children's

Teens Health - kidshealth.org (Spanish)

Teen Health—Medline Plus

Teen Issues - helpguide.org

Teen Mental Health—teenmentalhealth.org

Teenology 101-Seattle Children's

Men

A-Z Men's Health Topic CDC | Men's Health - CDC

Men's Health Medline Plus

Native Hawaiian and Pacific Islander

Native Hawaiian and Pacific Islander Health - Medline Plus

Native American

American Indian Health US NLM

Indian Health Services US DHHS

Native American Health Medline Plus

Seniors

A-Z Senior Health Topics - NIH

Living Well Courses - The Big Know

Seniors Health - Medline Plus

Six Steps to Prevent a Fall NCOA (Video)

Tai Chi for Falls Prevention - NCOA (PDF)

Women

A-Z Health Conditions - NWHRC

A-Z Women's Health OWH

Fact Sheets Common Conditions - NWHR

Minority Women' Health - OWH | Prevention Tip Sheets - NWRH | Women's Health - Medline Plus

Select Health Topics and Tips - NWHR (Video) and Podcasts

Veterans

National Center for Health Promotion and Disease Prevention - U.S. Dept. of Veteran Affairs

Veterans and Military Health - Medline Plus