



Useful resources and links

Health and wellbeing resources and support for seniors

Health and wellbeing

- **Healthy Living** is a NSW Government website that offers advice, practical tools and tips to help people in NSW make simple changes to lead healthier lives. [Click here.](#)
- **Get Healthy Information and Coaching Service** is a free telephone-based health coaching service that offers expert advice from dietitians and health professionals. [Click here.](#)
- **Managing your mental health online** offers digital resources to support mental health and wellbeing. [Click here.](#)
- **Diabetes NSW** helps people living with diabetes in NSW and the ACT through education, lifestyle programs and other support services. [Click here.](#)
- **Cancer Institute** offers resources on cancer research, prevention, early detection and more. [Click here.](#)
- **Cancer Council NSW** supports people affected by cancer and is focused on cancer diagnosis and treatment, reducing cancer risk and support services. [Click here.](#)
- **NSW Quitline** is a confidential telephone information and advice service to help smokers quit and stay quit. [Click here.](#)
- **Bowel Screening Program (includes Aboriginal program)** offers eligible Australians a free bowel cancer screening test. [Click here](#) to read more about the program or [click here](#) to learn about the home test kit.
- **National Heart Foundation** focuses on prevention, support and research to improve the heart health and quality of life of all Australians. They also offer resources and programs for multi-cultural and Aboriginal and Torres Islander peoples. [Click here.](#)
- **Aboriginal Cookbooks - National Heart Foundation** cooking programs offers cookbooks and guides to promote healthy eating. [Click here.](#)

General information

- **National Seniors Australia** works to empower older Australians through advocacy, policy development and research, and provides services and products for its members. [Click here.](#)
- **Your Life Choices** is Australia's largest and longest running website for people aged over 50, featuring the latest news, expert legal guidance, health and lifestyle tips, as well as fun quizzes and games. [Click here.](#)
- **Cyber Security** is the Australian Government's cybersecurity website that provides information for Australian internet users to protect their personal and financial information online. [Click here.](#)