



## Health Literacy Calendar October 2025



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Videos  Fact sheets / information			What is Health Literacy and why is it so important	"Supporting a literacy friendly approach in practice." Dr. Austin O'Carroll	Let's talk about health literacy  A course to introduce health literacy.	Ask Me3	05  Let's talk about health literacy
Adult Literacy for Life Health Literacy Awareness courses  Reliable health information websites	Health Literacy Out Loud Podcast interviews with those in-the-know about Health Literacy  Podcast	O7  Getting the most from your health appointments	The impact of health literacy needs	09 Getting health information and support between appointments	Mental Health Month  October Webinar Series A series of free webinars during October to celebrate Mental Health Month	11 Health literacy tips for you!	12  NALA Webinar:  Health Literacy  Matters
Podcasts / webinars  Contact	13 What is Health Literacy infographic	HSE Health and Wellbeing Podcast	Your health service – health information, advice, supports and services	Health promotion publications you can order or download	My Child - you guide to pregnancy, baby, and toddler health	18  My Health Checklist - preparing for your appointment	Every time you talk with a health care provider  ASK THESE 3 QUESTIONS   What is my main problem?  What do Ineed to do?  Why is it important for me to do this?
If you have any questions about the content or links in this calendar please contact your local Regional Literacy	20 **  Let's talk about a literacy friendly approach in healthcare	21 HSE YouTube Channel shows you a range of health and social service videos	22 <u>Getting test results</u>	People need good health literacy skills:	24  ALL   Adult Literacy for Life  What is media literacy?   Q	25 OFFICIAL PROPERTY OF THE PR	Language and Literacy Service  All our courses are FREE
Coordinator	When you see something that catches your attention stop before commenting or sharing.	THINK  Think about where information is coming from. Can I trust it?	You can check to find out if what you see online is true or not. There are lots of trusted sources that can help.	Literacy is more than reading and writing.  Learn more about media literacy at adultiteracy for life. ie	Health services explained by Citizens Information		Health literacy awareness courses with certificate are also available on hseland.ie