# Skill-Building Challenge Worksheet: Accessing Community Health Resources

Name: Blank Class: Blank Date: Blank

**Step 1.** Find three to five online resources in your community that relate to community and public health. Write down the name of the resource and describe what services each resource provides. Record a phone number, an email address, or a web address for each resource. A few major categories are provided to help you get ideas of what to look for.

* Public health department for the city or county you live in
* Public health department for the state you live in
* Local chapters of the American Red Cross or the American Heart Association
* County hospitals
* Women’s and children’s health clinics
* Health clinic at your school or school district
* Social and health services department for the city or county you live in
* Catholic or other church-related health services in your community
* Community and senior recreation or wellness centers in your city or town

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| Resource (3-5) | Description | Contact information  |
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**Step 2.** Share your list of resources with your classmates. As a class, create one comprehensive and organized list of resources. Develop a brochure, flyer, or web page that you can provide to your school counselor and nurse as a resource.