Chapter 6

Health Promotion

Information on health

Information is one of the most important things in our life. We should learn and find information on health from trusted sources to maintain our good health.

Currently, there are many agencies both of the government and the private sector providing health and medical information to the public through several media such as the Internet, telephone, books, magazines, television, radio, or direct contact.

Telephones (hotlines)

Here are some special telephone lines through which we can get information on public health promotion:

- **1166** – The Office of the Consumer Protection Board
- **1556** – The Food and Drug Administration
- **1675** – The Good Food, Good Health Agency, under the Department of Health, Ministry of Public Health or call 1900 - 1900 - 02 for provincial areas
- **1165** – The hotlines for drug abuse from Thanyarak Institute, Department of Medical Services
- **1667** – The hotlines for mental health from Department of Mental Health
- **0 - 2590 - 2000** – The Health Line from the Health Education Division, Department of Health Service Support

Instructions: On the left, there are several telephone numbers which you can dial. Choose the correct number to dial.

Here are 5 situations. Choose the correct number to dial for each situation.

Situation 1: Someone you know drank pills (medicine) to help him with stomach problems. But now that person has a big headache! * Remember that medicine is sometimes called drugs.





Number to call: _____

Situation 2: One of your classmates has an older brother. That older brother has a serious problem and keep using drugs.

Number to call: _____



Situation 3: You have another friend who always feels sad. He/ She thinks that bad things will happen to them. You know that the health of your mind is called mental health.

Number to call: _____



Situation 4: Your teacher wants to teach her students about Covid-19 and how to stay safe from the virus. Your teacher wants to someone from the government to come to the school and teach Health Education to the students.

Number to call: _____



Situation 5: A friend of you have an allergy to peanuts. She ate a packet of sweets and afterwards, her face was getting big and swollen. Also, she had problems to breathe.
*** Note that a packet of sweets is called a consumer product.

Number to call: _____



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