

USEFUL LINKS



Where to find help and reliable information

Crisis contacts • medicines and adverse effects • food supplements • nutrition • herbs • scientific studies

There is plenty of information online. What is less clear is which sources to trust and where to turn when health, safety or an urgent problem is involved. That is why we have brought together in one place the contacts and sources we use when creating **GreenGate₂** and **GreenScan** and which may also help users, schools and young people.



What you will find in this document

Quick contacts for situations that require action, plus an overview of official and expert sources for verifying information. For each source, we briefly explain what it contains and how we use it in GreenScan and GreenGate.



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INTRODUCTION

Why we created this overview



When health is involved, not only the content of information matters, but also its source and how up to date it is.



Quick guidance instead of endless searching

This document brings together two things: contacts that can help in a specific situation and sources where expert information can be verified. It is not a ranking of websites. Each source has a different role and level of importance.

How to use this document

Urgent situation: Call the relevant helpline. Do not wait for an email, chat reply or online search.

Medicine or adverse reaction: Check official information and contact a doctor or pharmacist.

General question: Start with an official institution, then look for relevant scientific literature.

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01

When help is needed



Contacts for immediate danger, mental health crises, children, adults and families.

IMMEDIATE THREAT TO LIFE

Emergency Medical Service and the European emergency number

When to use it: When life or health is in immediate danger. Do not wait for a reply from an app, chat or email.

Phone: **155 or 112**

CHILDREN AND YOUNG PEOPLE

Linka bezpečí (Child Safety Helpline)

When to use it: For children and students up to the age of 26 dealing with mental health problems, violence, family, school, relationships or another difficult situation.

Phone: **116 111**

Open the official website • linkabezpeci.cz

ADULTS

First Psychological Aid Helpline

When to use it: For adults experiencing a mental health crisis, anxiety, depression, loss, loneliness or a situation they are struggling to cope with.

Phone: **116 123**

Open the official website • linkapsychickepomoci.cz

FAMILY AND SCHOOL

Family and School Helpline

When to use it: When you are concerned about a child or dealing with bullying, danger, running away or a missing child. It is intended for parents, relatives, teachers and children.

Phone: **116 000**

Open the official website • linkaztracenedite.cz

01

More support contacts

Support for violence, mental health difficulties and challenging situations.



VICTIMS OF VIOLENCE

Victim Support Helpline

When to use it: For victims of crime or domestic violence and their loved ones. Free and available 24/7.

Phone: **116 006**

Open the official website • 116006.cz

CHILDREN AND FAMILIES

Centrum LOCIKA

When to use it: Support for children and families experiencing domestic violence or its consequences.

Open the official website • centrumlocika.cz

FIRST AID ON YOUR PHONE

Nepanikař

When to use it: Tools for anxiety, panic, depression, self-harm or suicidal thoughts. In an emergency, always call for help.

Open the official website • nepanikar.eu

DIRECTORY

More support contacts

When to use it: Other helplines, email contacts, chats and places offering in-person support.

Open the official website • centrumlocika.cz

When you are unsure who to call

In an immediate emergency, call 155 or 112. For a mental health crisis, contact Linka bezpečí or the First Psychological Aid Helpline. For acute poisoning or overdose, call 155 or the Toxicological Information Centre.

02

Medicines, adverse effects and poisoning



Why we include SÚKL, health professionals and the Toxicological Information Centre.

Why SÚKL?

GreenScan a GreenGate₂ may raise questions about the composition of medicines, interactions or adverse effects. SÚKL is the official Czech source for registered medicines, package leaflets and reporting suspected adverse effects. It does not replace an individual consultation with a doctor or pharmacist.

CZECH REPUBLIC • OFFICIAL

SÚKL – Medicines Database

Current information on registered medicinal products, package leaflets, summaries of product characteristics, active substances, availability and other official documents. We use it to verify exact composition, approved uses, warnings, contraindications and official medicine documentation. [Open source • **prehledy.sukl.cz**](#)

CZECH REPUBLIC • OFFICIAL

SÚKL – Reporting Adverse Effects

Information and a form for reporting a suspected adverse effect of a medicinal product. We direct users here when they want to submit a report. Any health problems should also be discussed with a doctor or pharmacist. [Open source • **sukl.gov.cz**](#)

ACUTE POISONING

Toxicological Information Centre

24/7 telephone advice in cases of acute poisoning, overdose or ingestion of a medicine, chemical, plant, mushroom or other hazardous material. If poisoning is suspected, do not wait for an answer online. Call the TIS emergency line directly: 224 91 92 93 or 224 91 54 02. [Open source • **tis-cz.cz**](#)

PERSONAL CONSULTATION

Doctor or pharmacist

Individual assessment of dosage, combinations, interactions, adverse effects, changing a product or stopping treatment. Neither GreenScan nor GreenGate₂ sets or changes treatment. Decisions about taking a medicine are made by a qualified professional using official documentation. [Open source • **nzip.cz**](#)

03

Food supplements: Czech sources



Regulation, safety, clear explanations and reporting adverse reactions.

A food supplement is not a medicine

Food supplements are legally classified as foods. They do not undergo the same approval process as medicinal products and must not be presented as treatments for disease.

CZECH REPUBLIC • REGULATION AND SAFETY

CAFIA – Food Supplements

Labelling rules, safety inspections, common shortcomings, misleading claims and alerts about risky products. We use it for the Czech regulatory and consumer context. Food supplements are assessed here as foods, not medicines. [Open source • szpi.gov.cz](#)

CZECH REPUBLIC • CLEAR INFORMATION

NZIP – Food Supplements

A basic explanation of what food supplements are, how they differ from medicines and what to consider when using them. We use it to provide the public with clear information free from marketing claims. [Open source • nzip.cz](#)

CZECH REPUBLIC • REPORTING REACTIONS

National Institute of Public Health – Nutrivigilance

Information and a form for reporting an adverse health reaction after consuming a food supplement or another selected food. It complements the monitoring of adverse effects of medicines by covering reactions linked to foods and supplements. [Open source • nutrivigilance.szu.cz](#)

CZECH REPUBLIC • SAFETY ALERTS

Czech Ministry of Health

Current information and warnings from the Chief Public Health Officer or the Ministry regarding food, nutrition and products that may pose a health risk. We monitor it especially when a specific safety alert or public recommendation is issued. [Open source • mzd.gov.cz](#)

04

Food supplements and claims in the EU



European safety assessments, legislation, authorised claims and rapid alerts.

EU • SCIENTIFIC ASSESSMENT

EFSA – Food Supplements

European scientific opinions on the safety of vitamins, minerals, other ingredients and risks associated with food supplements. We use its risk assessments and the wider European scientific context. [Open source • **efsa.europa.eu**](#)

EU • CLAIMS REGISTER

EU Register of Nutrition and Health Claims

Authorised, non-authorised and rejected nutrition and health claims, together with their conditions of use. We use it to verify whether a specific claim about the effect of a food or ingredient is authorised in the EU. [Open source • **food.ec.europa.eu**](#)

EU • LEGISLATION

European Commission – Food Supplements

The EU legal framework for food supplements, authorised vitamins, minerals and their sources. We use it for legal context and to navigate harmonised EU rules. [Open source • **food.ec.europa.eu**](#)

EU • RAPID ALERTS

RASFF

The European rapid alert system for food and feed, including risky food supplements. We check current alerts, product recalls and cross-border safety incidents. [Open source • **food.ec.europa.eu**](#)

A health claim is not a promise of treatment

A claim such as “contributes to the normal function of the immune system” has precisely defined wording and conditions of use in the EU. It does not mean that the product treats or prevents a specific disease.

05



Healthy diet and nutrition recommendations

Sources for basic nutrition principles without miracle diets or universal promises.

CZECH REPUBLIC • PUBLIC HEALTH

NZIP – Principles of Healthy Nutrition

Practical recommendations on dietary variety, appropriate portions, plant foods, sugar, salt, fats and hydration. We use it for basic recommendations intended for the public and schools. [Open source • nzip.cz](#)

CZECH REPUBLIC • EXPERT SOURCE

National Institute of Public Health – Nutrition

Expert and accessible materials on public health, nutrition, food and prevention. We use the Czech professional context and materials produced or endorsed by a public health institution. [Open source • szu.gov.cz](#)

INTERNATIONAL

WHO – Healthy Diet

A global framework for a healthy diet based on adequacy, balance, moderation and variety. We use it for general international principles of nutrition and the prevention of chronic diseases. [Open source • who.int](#)

CZECH REPUBLIC • PROFESSIONAL ASSOCIATION

Czech Nutrition Society

Czech nutrition recommendations, expert materials and accessible content in the local context. We include it as a supplementary professional source for the Czech nutrition environment. [Open source • vyzivaspol.cz](#)



How we approach recommendations

We prioritise sustainable long-term principles: **variety, appropriate amounts, sufficient quality food and the context of the individual**. We do not consider a single article or current trend to be a universal guide for everyone.

06



Herbs, plant substances and interactions

Natural origin does not automatically mean safe use. Always check interactions for children, during pregnancy or breastfeeding, and when medicines are being taken at the same time.

EU • HERBAL MEDICINES

EMA – Herbal Medicinal Products

European monographs, opinions and rules on herbal medicinal substances and products. We use them to verify safe conditions of use, traditional and well-established use, and known risks of herbal medicines.

[Open source](#) • ema.europa.eu

EU • METHODOLOGY

EMA – Scientific Guidelines

Guidelines for the quality, safety, clinical assessment and documentation of herbal medicinal products. We use them for more detailed verification of the scientific framework for herbal substances. [Open](#)

[source](#) • ema.europa.eu

CZECH REPUBLIC • MEDICINES

SÚKL

Official information on medicinal products, package leaflets and medicine safety. For herbs and supplements, we use it mainly when checking possible interactions with medicines being taken. [Open](#)

[source](#) • sukl.gov.cz

USA • GOVERNMENT SOURCE

NIH ODS – Dietary Supplement Fact Sheets

Fact sheets on vitamins, minerals, herbs and other supplements, including doses, interactions, risks and links to evidence. We use them as a high-quality supplementary source, especially for interactions and safety. [Open source](#) • ods.od.nih.gov

USA • GOVERNMENT SOURCE

NCCIH – Herbs and Supplements

Information on the effectiveness, safety, adverse effects and interactions of herbs and complementary approaches. It complements European sources with publicly available expert reviews and safety alerts.

[Open source](#) • nccih.nih.gov

07



Scientific databases and evidence

Where we look for studies and why a single publication is usually not enough on its own.

DATABASE

PubMed

Citations and abstracts from biomedical literature in medicine, biology, toxicology, pharmacy and other fields. We search for original studies, systematic reviews and expert articles on a specific substance or effect. **Open source** • pubmed.ncbi.nlm.nih.gov

FULL TEXTS

PubMed Central

A freely accessible archive of full-text biomedical and life-science articles. We use it when an abstract is not enough and the methodology, results and limitations of the whole study need to be checked. **Open source** • pmc.ncbi.nlm.nih.gov

SYSTEMATIC REVIEWS

Cochrane Library

Systematic reviews and syntheses of clinical evidence. We prefer them to an isolated study when a high-quality summary of multiple studies is available for the question. **Open source** • cochranelibrary.com

SCIENTIFIC ARTICLES

ScienceDirect

Scientific articles and book chapters in nutrition, toxicology, chemistry, pharmacology and environmental fields. We use it to find expert publications and a broader scientific context. **Open source** • sciencedirect.com

SEARCH ENGINE

Google Scholar

A broad search across academic texts, citations, preprints, theses and other materials. We use it as a supporting search tool. We always assess the quality of the results based on the methodology and type of publication. **Open source** • scholar.google.com

08



How we work with sources

Clear, accessible content is useful, but it does not replace primary expert sources.

What carries the most weight in our assessment

1. **Official framework:** Legislation, expert opinions from institutions and official databases.
2. **Summary of evidence:** Systematic reviews, meta-analyses and multiple high-quality studies.
3. **Individual studies:** Methodology, sample size, dose, exposure, results and limitations.

Supplementary sources

We use accessible explanatory texts mainly to explain concepts and context. On their own, they are not sufficient to label a product or substance as safe, risky or effective.

SUPPLEMENTARY SOURCE

Institute of Modern Nutrition

Clearly presented topics on nutrition, myths and the interpretation of scientific findings. We use it as an accessible supplementary source, not as the sole basis for assessing safety or effectiveness. [Open source • institutmodernivzivy.cz](#)

SUPPLEMENTARY SOURCE

Czech Nutrition Society

Czech expert and accessible materials on nutrition. It complements official national sources and international recommendations. [Open source • vyzivapol.cz](#)

SUPPLEMENTARY SOURCE

NZIP – Nutrition

Publicly accessible health information without a commercial focus. We use it for clear explanations and the Czech context. [Open source • nzip.cz](#)

SUPPLEMENTARY SOURCE

National Institute of Public Health – News and Materials

Expert but accessible articles and materials from a public health institution. We include them where a scientific foundation needs to be combined with a clear explanation. [Open source • szu.gov.cz](#)

CONCLUSION

Conclusion and contact

The document and the app are intended for information and education.



Not a substitute for professional help

This overview does not replace medical, pharmaceutical, psychological, toxicological or other professional assistance. Do not change or stop taking medicines without consulting a doctor or pharmacist. In an immediate threat to life or health, call 155 or 112.

Contact

We update this overview regularly: info@greenscan.cz

Project website: green-gate.eu

GreenScan: greenscan.cz

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