

CredibleMind: The One-Stop Shop for Mental Wellbeing Resources

CredibleMind is the free online platform that brings together expert-rated and vetted videos, podcasts, apps, online programs, books, and articles all in one easy-to-use place.

Confidential, anonymous, and available 24/7, with CredibleMind you can learn new skills, understand your own mental health, take a mental health assessment, and browse our library of thousands of mental wellbeing resources.

CredibleMind covers over 200 topics including:

- Stress
- Burnout
- Anxiety
- Depression
- Relationships
- Mindfulness
- Resilience
- Coping with Medical Diagnosis
- Time-Management
- Happiness
- Sleep
- Parenting
- Grief and Loss
- Flourishing
- Substance Use
- Aging

Get started today by signing up and taking a mental health assessment. Some assessments you'll find on CredibleMind are:

- Is it Job Stress or Burnout?
- What's your Mental Health Profile?
- How Strong is Your Resilience Network?
- Is Caring for Others Taking a Toll on You?
- Is Your Mind Full or Are You Mindful?
- What's Your Meditation Style?

By signing up, you will have access to: past assessment results to track improvement over time, your favorite resources, and handpicked CredibleMind resources right to your email!

No matter what you are going through, CredibleMind has resources to help with science-backed evidence you can trust.

Visit rcwapello.crediblemind.com to get started

