



Community
Coalition
Alliance



PUTNAM COUNTY

HEALTH & WELLNESS COALITION

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



What topics does CredibleMind cover?

CredibleMind covers over 100 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

Your Privacy Matters

Your personal information including your name, email address, and responses will not be shared with the CCA or Putnam County Health & Wellness Coalition.

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!

Scan the QR codes below to sign up or to add your organization as a resource!



**Sign up for
CredibleMind**



**Be added as a
resource**