

## Get Started With CredibleMind

**[RockCounty.CredibleMind.com](https://RockCounty.CredibleMind.com)** is a free online platform that brings together expert rated and vetted videos, podcasts, apps, online programs, books and articles all in one easy place.

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

**Mental health is vital** to our overall well being. Though when we hear "mental health," we tend to think of the negative things like feeling anxious, depressed or stressed. Did you know that mental health also includes emotional, psychological and social well-being? Things like our happiness, eating habits and job or relationship satisfaction can affect our mental health, too!

Take this [assessment](#) to find out how you're doing mentally and emotionally in the areas of flourishing, anxiety and depression.



### Your Privacy Matters

Your personal information is confidential. Your name, email address and responses will not be shared with Rock County Public Health.

Get started today by taking the  
Mental Health Check-in Assessment.

