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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 own mental health, take a mental health assessment and browse our library of thousands of mental wellbeing resources.

Get started today by taking the Mental Health Check-in Assessment and be entered to win a \$100 Gift Card!

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. All users who create an account and complete the assessment between January 5th and January 16th will be entered in a drawing to win a \$100 Gift Card provided by CredibleMind.



Your Privacy Matters

Your personal information including your name, email address and responses will not be shared with Chisago County Public Health.

Take the Mental Health Check-in Assessment for a chance to win!

