

FOR IMMEDIATE RELEASE:

Crawford County Health and Human Services and the Driftless Region Mental Health Coalition have partnered with CredibleMind to provide residents with a digital health and well-being platform.

The platform, available free of charge, offers confidential and anonymous access 24/7, allows users to explore, understand, and enhance their mental health. With an extensive library housing thousands of resources, users can access a wealth of information covering over 200 topics, including stress, burnout, anxiety, happiness, mindfulness, coping with medical diagnosis, and much more.

“This new online tool will empower the residents of Crawford County and make it even easier for them to prioritize their health and well-being,” said Sonya Lenzendorf, Crawford County Health Officer. “This digital platform puts credible, personalized wellness tools directly into the hands of our community members.”

Users can visit CredibleMind as a guest to utilize all the great resources, and do not need to create an account. However, by signing up on CredibleMind, users gain access to a multitude of benefits, including tracking past assessment results, favorite resources, and receiving handpicked selections directly via email.

The first step in getting started is to take the Mental Health Check-in Assessment which will give insights into your emotional and mental health. After completing the check-in, resources and suggestions will be given by CredibleMind to thrive and improve your mental well-being.

With the U.S. experiencing a demand for mental health services, combined with a shortage of mental health professionals, CredibleMind, in collaboration with Crawford County Health and Human Services and the Driftless Region Mental Health Coalition has officially unveiled its comprehensive archive of mental health resources.

Lenzendorf added, “With mental health consistently being identified as a top health priority, we hope this platform is a way to help destigmatize mental health, and hopefully get these useful and readily available resources into the hands of those who need it most.”

Individuals eager to embark on their mental health journey can start by visiting CredibleMind on the county’s website, or at <https://crawfordcounty.crediblemind.com>.

