



CredibleMind

**Tools for a Healthier Mind.
Resources for a Stronger You.**

Real support. Real tools. Real life.

MENTAL HEALTH *On Your Terms.*



Evidence-based

Trusted information you can count on.



Podcasts & Videos

Watch, listen, and learn what matters to you.



Apps

Find helpful tools right at your fingertips.



Online Programs

Interactive programs that fit your life.



Books & Articles

Read, explore, and discover more.

WHY YOU'LL LOVE IT:



LEARN & GROW:

Explore new skills gain a better understanding of yourself, and build the confidence to support your mental well-being.



ON YOUR TIME:

Access private, trusted mental health resources
24 hours a day,
7 days a week.

YOU DESERVE
SUPPORT.
WE MAKE IT
SIMPLE.

CHECK OUT
CREDIBLEMIND
TODAY!



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SUPPORT YOUR **MIND**. ENRICH YOUR **LIFE**.

