

# Get Started with 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, 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.

**To find support and resources, visit**

**[bastropcounty.crediblemind.com](http://bastropcounty.crediblemind.com)**

Here, you can find:

- **Resources covering over 100 topics**
- **Real-time practices and activities**
- **Courses to learn and grow**
- **Assessments to learn more about your strengths and challenges**
- **Local Resources**

♥ *Free, confidential, expert vetted health and wellbeing resources*

