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FOR IMMEDIATE RELEASE

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New Look for Free Mental Health Platform

Southwest Nebraska Public Health Department (SWNPHD) is excited to announce a refreshed look and improved user experience for its CredibleMind mental health and well-being resource. Beginning Tuesday, August 25th, community members will notice a calmer, easier-to-use design with softer colors, simpler layouts, and more approachable language.

What is CredibleMind?

CredibleMind is a free, accessible platform providing scientifically backed mental health and self-care resources. The platform offers a variety of resources, including apps, videos, podcasts, articles, assessments, and books. The redesign is intended to help individuals find resources that fit their needs without having to sort through overwhelming lists of information.

Over SWNPHD's previous fiscal year, a total of 996 users visited the site. "On CredibleMind you can find information on a variety of topics from healthy relationships to mental illness, to personal growth, and more," shares Paula Wimer, Program Manager at SWNPHD. "Depression and anxiety are the most frequently sought-after topics on the platform in our region."

How to Use CredibleMind

While the redesign will change the look of the website, all the assessments and support options will continue to be available. The primary change is that these resources will be easier to find and navigate.

Community members can use CredibleMind at their own pace and in a way that works best for them. Everyone is welcome to explore resources anonymously or spend a couple of minutes setting up a free profile for recommendations tailored to you. Your privacy is always protected, and you'll never see sponsored content mixed in.

Remember if you or someone you know is experiencing a mental health crisis or emergency, call or text 988 for free 24/7 support from trained counselors.

Visit swhealth.crediblemind.com to begin exploring resources now or reach out to SWNPHD with any questions at 308-345-4223. Southwest Nebraska Public Health Department serves Chase, Dundy, Frontier, Furnas, Hayes, Hitchcock, Keith, Perkins, and Red Willow counties. The website swhealth.ne.gov contains many resources and additional information helpful to prevent disease, promote and protect health. You can also follow @swnphd on Facebook, YouTube and Instagram.

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