



Langlade County Health Department

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<https://langladecountyhealthdepartment>



News Release

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FOR IMMEDIATE RELEASE

Langlade County Health Department, Credible Mind partner to launch online platform that expands mental health resources

With the U.S facing a demand for mental health services, combined with a shortage of mental health providers, the Langlade County Health Department today announced a partnership with Credible Mind in order to increase access to mental health resources in Langlade County. This partnership provides Langlade County residents with digital access to science-based self-care resources.

The online platform, available free of charge, offers accessible, credible and confidential mental wellbeing resources to anyone 24/7. CredibleMind joins expert-rated videos, podcasts, apps, online programs, books, and articles into a user-friendly interface. Users find a wealth of information covering over 200 topics including stress, anxiety, mindfulness, nutrition and much more.

“Mental-well being was identified as a top health priority in our latest community health needs assessment, says Meghan Williams, Health Officer, Langlade County Health Department. “We are excited to expand the ability for Langlade County residents to have access to these free resources whenever and wherever is most convenient for them. We are hopeful that this platform is a way to help reduce the stigma around mental health and provide these useful resources to those who need it” she added.

Users can visit CredibleMind as a guest to utilize all the great resources and do not need to create an account. There is an option to create an account to gain access to tracking assessments, marking favorite resources and receiving handpicked selections via email.

CredibleMind was founded in 2018 with a main focus on early intervention and prevention around mental health. This partnership is supported through grant funding administered by the National Association of City and County Health Officials (NACCHO).

Individuals can access the site at langlade.crediblemind.com

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EMBRACE YOUR
WELLNESS

SCAN ME!

Let's take a moment to appreciate the importance of mental health in our lives. Visit the site for mental well-being resources.

Langlade.Crediblemind.com