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The One Stop Shop for Mental Wellbeing Resources.

CredibleMind is the online platform that brings together expert rated and vetted videos, podcasts, apps, online programs, books and articles all in one easy to use place.



Confidential, anonymous, 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.

Get started today by signing up and taking a mental health assessment.

By signing up, you will have access to: past assessment results to track improvement over time, your favorite resources, and handpicked CredibleMind resources right to your email!

No matter what you are going through, CredibleMind has resources to help with science-backed evidence you can trust.

Some assessments you'll find on CredibleMind are:

-  **Is it Job Stress or Burnout?**
-  **Is Your Mental Health Flourishing?**
-  **What's your Mental Health Profile?**
-  **Your Mind Full or Are You Mindful?**
-  **What's Your Meditation Style?**



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