



NEWS RELEASE

FOR IMMEDIATE RELEASE

To: Local Media and Press Release Subscribers

From: Katrina Harwood, Health Officer

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A New Tool for Rock County Residents to Improve Mental Health and Well-Being

Rock County, WI – May is Mental Health Awareness Month, a great time for people to reflect on their overall well-being. Everyone can benefit from taking steps towards better mental health and wellness and now there is a free tool to help.

Mental health has been a focus of Rock County Public Health’s most recent [Community Health Improvement Plan](#) after the [Community Health Assessment](#) indicated residents were having difficulty accessing mental health care services in Rock County. This new tool can help meet the need by offering proven self-help strategies to intervene earlier, provide support for people waiting for appointments, and build skills to maintain wellness. Rock County Public Health (RCPH) partnered with the National Association of County and City Health Officials (NACCHO) and [CredibleMind](#) to bring free and confidential access to a large library of mental health and well-being resources.

With CredibleMind, users will have 24/7 access to:

- Scientifically proven assessments that help users understand their mental health, covering topics like anxiety, depression, meditation, burnout, and substance use.
- Thousands of expert-reviewed apps, podcasts, books, articles, and videos across hundreds of mental health topics.
- Tools that focus on building skills to thrive mentally and emotionally at work, with family and friends and in the community.

Start with the brief “Mental Health Check-In” or more in-depth “What’s Your Mental Health Profile” assessment and specific tools will be recommended. Whether someone is experiencing anxiety or depression, wants to tackle that “blah” feeling, or wants to maintain their current level of well-being, CredibleMind is for everyone! It has thousands of different resources including podcasts, apps, articles, and videos to help with start a personal self-care journey.

Anyone can access the tools anonymously or create a confidential account to track progress and receive email updates. Everyone who creates an account and takes the Mental Health



Helping Rock County Reach Its Full Health Potential

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Check-In in the month of May will be entered into a drawing for a \$100 gift card from CredibleMind! RCPH encourages all residents to check it out. Get started today at <https://rockcounty.crediblemind.com/>.

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Rock County Public Health serves Rock County residents by improving population health outcomes and removing barriers through community partnerships to provide everyone the opportunity to reach their full health potential. Visit the Rock County Public Health [website](#) and follow them on [Facebook](#) and [Instagram](#).

Please send all media inquiries to:

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