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Confidential and available 24/7, with CredibleMind you can learn new skills, understand your mental health, take a mental health assessment, and browse our library of thousands of mental wellbeing resources.

Get started today by taking the Mental Health Check-in Assessment and be entered to win a \$100 Gift Card!

Mental health is vital to our overall wellbeing. Though when we hear "mental health" we tend to think of the negative things like feeling anxious, depressed, or stressed. Did you know that mental health also includes emotional, psychological, and social wellbeing? Things like our happiness, eating habits, and job or relationship satisfaction can affect our mental health, too!

Take this [assessment](#) to find out how you're doing mentally and emotionally in the areas of flourishing, anxiety, and depression. All users who create an account and complete the assessment between November 1st and November 15th will be entered in a drawing to win a \$100 Gift Card.



Your Privacy Matters

Your personal information including your name, email address, and responses will not be shared with the Northeast Nebraska Public Health Department.

Take the [Mental Health Check-in Assessment](#) for a chance to win!

