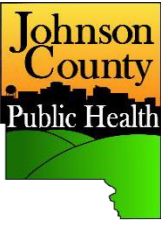


*A community where all can achieve optimal health.*



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**Danielle Pettit-Majewski, Director**

## **PRESS RELEASE**

**For Immediate Release**

9/16/24

**Contact:** Giselle Coreas  
Health Planner

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### **Health Department partners with CredibleMind to Launch Mental Health Website**

#### **Johnson County, Iowa –**

Johnson County Public Health partners with CredibleMind, an online platform that promotes mental wellness by providing evidence-based resources to improve mental well-being through assessments, personalized steps, and access to 200+ topics for everyone.

CredibleMind brings together expert-rated and vetted videos, podcasts, apps, online programs, books, and articles all in one easy-to-use place. Confidential and available 24/7, JCPH wants to provide all community members an opportunity better to understand their mental health at their own pace.

This FREE site is set to launch on Tuesday, October 1<sup>st</sup>, 2024 through October 2026. Online materials will be available in English and Spanish. A few examples of topics include:

- Stress
- Burnout
- Anxiety
- Depression
- Relationships
- Mindfulness
- Resilience
- Coping with Medical Diagnosis
- Time Management
- Happiness
- Sleep
- Parenting
- Grief and Loss
- Flourishing
- Substance Use
- Aging

**To learn more, visit: [healthyjoco.crediblemind.com](https://healthyjoco.crediblemind.com)**

Everyone who creates a free account and completes the Mental Health Check-In assessment within the first two weeks of launching (October 1<sup>st</sup> – October 15<sup>th</sup>) will be entered into a \$100 gift card drawing sponsored by CredibleMind. To learn more about other health department initiatives visit: [healthyjoco.com](https://healthyjoco.com)

Learn more about [Johnson County Public Health](https://www.johnsoncountypublichealth.com)  
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