



# Take Charge of your Mental Health



Life is full of challenges and sometimes, we all need a little extra support. With the right resources at your fingertips, you have the power to take charge of your mental health. Introducing a wealth of connections and tools to support mental wellness to help you live your healthiest life possible.

Intermountain Health is partnering with CredibleMind to offer a free online platform that brings together expert-rated and vetted videos, podcasts, apps, books, and articles all in one easy-to-use place. Take charge of your mental health with [Intermountain and CredibleMind](#).

## CredibleMind covers over 100 topics that can help you and your friends/family:

- › Relieve stress
- › Sleep better
- › Beat burnout
- › Manage anxiety
- › Prevent depression
- › Find joy in life
- › Eat healthier
- › Become a better parent
- › Grow stronger relationships
- › Cope with grief and loss
- › Develop mindfulness
- › Manage your time
- › Develop resilience
- › Achieve goals
- › Recover from addiction
- › Cope with medical diagnosis
- › Age gracefully
- And more!***

Confidential 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 health resources.

## Some assessments you'll find on [CredibleMind](#) are:

- › Is it Job Stress or Burnout?
- › Is Caring for Others Taking a Toll on You?
- › What's your Mental Health Profile?
- › Is Your Mind Full or Are You Mindful?
- › How Strong is Your Resilience Network?
- › What's Your Meditation Style?



Whatever challenges life throws your way, discover reliable, science-backed resources to support you on your journey.

Take the first step to take charge of your mental health with an entire toolbox of resources from Intermountain Health and CredibleMind.

◀ Scan QR code to get started today or visit: [intermountainhealth.org/takecharge](https://intermountainhealth.org/takecharge)