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FOR IMMEDIATE RELEASE

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Essex County Mental Health Launches New Online Platform for Mental Health and Wellbeing

Elizabethtown, N.Y.- Essex County Mental Health (ECMH) is pleased to announce the launch of a new online platform designed to support the mental health and wellbeing of the community. A joint initiative with Essex County Health Department (ECHD), CredibleMind offers a free, comprehensive suite of tools and resources to help you navigate life's challenges. ECMH and ECHD believe that this platform will be a valuable resource for the community, providing accessible and informative information on mental health. The partnership aligns with the shared commitment to promoting the overall health and wellbeing of its residents, as outlined in the 2022-2024 Essex County Community Health Improvement Plan.

“While our closeknit, caring communities are one of our biggest assets here in Essex County, we still sometimes find that we need more support than what our friends or family can offer. CredibleMind is here to provide the support and resources you need, right from your own living room,” states Linda Beers, Director of Public Health for ECHD. “Discover personalized tips, connect with local resources, and find the support you need to thrive. Together, we can build a stronger, healthier community”.

The platform covers a wide range of mental health topics, including: Anxiety, Depression, Stress, Substance use, Caring for aging loved ones, Parenting, Nutrition, and so much more.

CredibleMind provides a vast library of content, including:

Apps: Practical tools to help manage stress, anxiety, and other mental health challenges.

Videos: Expert-led presentations on various mental health topics.

Podcasts: Engaging discussions on mental health and wellbeing.

Articles: Informative pieces on mental health, self-care, and related subjects.

Scientifically validated assessments: Tools to assess mental health status and identify potential areas of concern.



Lists: Curated collections of resources on specific topics.

Q&As: Answers to frequently asked questions about mental health.

“Especially since the COVID pandemic, we are seeing that the effects of stress and social isolation linger. CredibleMind is about expanding our village and increasing access to the societal guardrails and guideposts that may not be readily available to everyone,” explains Terri Morse, Director at ECMH. “We know there is a significant gap between the number of people who may want or need mental health services and those that actually seek out or receive such care. This platform helps bridge that gap, providing dependable, accessible self-care resources in an easy-to-use format”.

“CredibleMind is not intended to replace professional, one-on-one care; rather it’s another tool we can draw upon to improve our well being and resilience,” concludes Beers.

CredibleMind is available 24/7 on your phone, tablet, or computer. To learn more and access the platform, please visit <https://essexcountyny.crediblemind.com/>.

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