

# Your Free, Confidential Mental Health Resource



Genesee & Orleans County  
**CredibleMind**



Support your mental health well-being  
anytime with trusted tools,  
all in one place



*Confidential*



*24/7 Access*

**For Genesee & Orleans  
County Residents**



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## What you can do

- ✓ Take quick mental health check-ins
- ✓ Explore videos, podcasts & apps
- ✓ Save favorites & track your progress

## Topics include

- Happiness
- Sleep
- Parenting
- Grief and Loss
- Substance Use
- Aging
- Coping
- Stress
- Anxiety
- Depression
- Relationships
- Mindfulness
- Resilience
- Meaning and Purpose

## Get started today

Take a short assessment, find  
resources that work for you, and  
receive helpful tips by email



Visit <https://genesee-orleansny.crediblemind.com/>

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