

# WELCOME TO CREDIBLEMIND!

The University of Arizona is committed to providing you and all our employees with the support and resources needed to help you be your best self at all times. As part of this commitment, the University is now piloting CredibleMind, a one-of-a-kind online mental health self-care resource.



CredibleMind's one-stop-shop digital platform is available to you and your household 24/7. It's accessible from a mobile phone, tablet or computer, with no login required, so any time can be the right time to focus on your mental health and well-being.

With CredibleMind's self-care content, you have access to:



An expansive library of valuable and trusted information, tools and assessments



A completely confidential site separate from the University, so your information and wellness journey can remain personal



Customizable and personalized content to meet your needs and preferences



Expertly curated and scientifically backed resources



To see the resources available to you, please visit [arizona.crediblemind.com](https://arizona.crediblemind.com) or scan the QR code today!

# YOUR JOURNEY, YOUR WAY

CredibleMind lets you decide the roadmap for your own mental health journey. Want to read an article on positive psychology tools? Would you like to listen to a podcast on improving your mental health? How about watching a video on learning how to deal with depression? The choice is yours. CredibleMind works within any medium you prefer, and covers all kinds of subjects, including:

- **Mental health** topics, like anxiety, depression, and stress
- **Life changes**, for help dealing with things like grief and loss, or becoming a new parent
- **Emotional health** and learning self-care tips
- **Healthy relationship** tools, including communication skills and learning emotional intelligence
- **Personal growth** and development content
- **Physical health** resources ranging from discussions on sleeping habits to body image
- **Spiritual health**, spirituality, and meditation techniques
- **Well-being at work** to help manage fatigue, burnout and develop goal setting



CredibleMind provides you with tools to better connect with friends and family, colleagues at work, and members of your household and community, and will help you build skills to thrive both mentally and emotionally. Visit [arizona.crediblemind.com](https://arizona.crediblemind.com) and start on your path to becoming a better you. Contact the campus Life and Work Connections team at [lifework@arizona.edu](mailto:lifework@arizona.edu) or call **520-621-2493**, Monday – Friday 8 a.m. to 5 p.m. for assistance.