

The One Stop Shop for Personalized Mental Wellbeing

CredibleMind is a cloud-based, AI-driven website and mobile platform. We provide mental health assessments, educational content and link users to resources to support their journey to wellbeing and flourishing. Roughly 75% of people experiencing mental distress work on those issues alone; CredibleMind makes this process evidence-based and effective. Our platform helps users understand their mental wellbeing and links them to resources so that they can take positive action customized to their needs. The platform also helps organizations with engagement and triage and provides analytics (trends, benchmarks, etc.) on the mental health of their populations. This is actionable data you have never had access to before.

Below are some resources from CredibleMind curated especially for Union Employees:



ARTICLE

Essential workers more likely to be diagnosed with a mental health disorder during pandemic

[https://www.apa.org/news/press/releases/stress/2021/one-year-pandemic-stress-essential#:~:text=Essential%20workers%20were%20more%20than,9%25\).](https://www.apa.org/news/press/releases/stress/2021/one-year-pandemic-stress-essential#:~:text=Essential%20workers%20were%20more%20than,9%25).)



VIDEOS

10 Quick Anxiety Relief Techniques

<https://youtu.be/xGb4fvfZpWM>



ARTICLE

Mental Health and Suicide Prevention In Construction

<https://constructible.trimble.com/construction-industry/mental-health-in-construction-stats>



VIDEOS

How to Start a Conversation About Suicide

<https://youtu.be/l4gJCBK0Tfc>





APP

Simple Habit

<https://www.simplehabit.com/>



VIDEOS

The cost of workplace stress – and how to reduce it

<https://youtu.be/QE8kNh52EeU>



ARTICLE

Six Tips for Improving Trucker Mental Health

<https://carter-express.com/improving-trucker-mental-health/>



APP

Simple Cycle – Sleep Tracker

<https://www.sleepcycle.com/>



VIDEOS

How Awe Changes You

<https://youtu.be/DPh98ciWCII>



ARTICLE

Treatment for Opioid Addiction

<https://www.verywellmind.com/treatment-for-opioid-addiction-4160367>



ARTICLE

Research-Backed Strategies To Help You Flourish

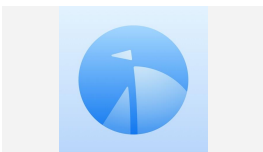
<https://www.viacharacter.org/topics/articles/research-backed-strategies-to-help-you-flourish>



VIDEO

4 Simple Ways to Prevent Your Burnout

<https://youtu.be/AzghhXXmNRo>



APP

Less – Alcohol Tracker

<https://lessdrinks.com/>

