



809 Elm Street Suite 1200
Alexandria, MN 56308
800.450.4177 | 320.763.6018
Fax: 320.763.4127 | 888.229.2347
horizonpublichealth.org

NEWS RELEASE

FOR IMMEDIATE RELEASE

May 19, 2025

Horizon Public Health Launches New Mental Health Tool for Ages 13+ Take a Quick Assessment for a Chance to Win a \$100 Gift Card!

Horizon Public Health is proud to announce the launch of **CredibleMind**, a new, free, and confidential online platform designed to support mental health and emotional wellbeing for individuals ages 13 and older. This resource is available 24/7 and can be accessed directly through the Horizon Public Health website.

CredibleMind brings together thousands of trusted videos, podcasts, articles, books, apps, and self-guided programs—all in one easy-to-use location. Covering more than 100 topics such as stress and time management, anxiety and depression, relationships, substance use, aging, grief, and more, CredibleMind serves as a comprehensive mental wellness library for the entire community.

To celebrate the launch, users who complete the **Mental Health Check-in Assessment** between **May 19 and June 15** will be entered into a drawing to win a **\$100 gift card**, courtesy of CredibleMind.

By creating a free account, users unlock additional personalized features, including saved content, assessment tracking, and curated recommendations.

Whether you're facing a challenge or simply want to build resilience and boost your mood, CredibleMind is here to support your journey.

Start exploring today by visiting the Horizon Public Health CredibleMind website:

<https://horizonpublichealth.crediblemind.com/>

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For more information, please contact:

Cassidy Kunerth | cassidyk@horizonphmn.gov