A new mental well-being platform brings thousands of resources to employees and their families

Life & Work Connections
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The University is putting a wealth of mental well-being resources and information at the fingertips of employees and members of their households through a new online platform. The University has entered into a pilot partnership with CredibleMind [1], an online mental health self-care platform that provides access to expert-curated and scientifically backed mental health self-care content to users around the world.

CredibleMind is a free one-stop-shop digital platform that provides expert-curated and scientifically backed mental health self-care content, including a library of information, tools and assessments in articles, books, podcasts, videos and more. Users can access the platform from a smartphone, tablet or computer with no login required.

Founded in 2019, CredibleMind focuses on early intervention and prevention of mental health issues. The platform contains over 20,000 evidence-based and science-backed resources to provide users with credible self-care options to improve their overall well-being.

"We are facing a mental health crisis in our country, and the demand for mental health services is higher than ever," said Deryk Van Brunt, co-founder and CEO of CredibleMind. "We are thrilled to partner with the University of Arizona and provide on-demand, reliable self-care and mental health resources to help its staff members improve their overall well-being and flourish."

Laqwanda Roberts-Buckley, mental health and wellness specialist for Life & Work Connections, said she is impressed with the platform.

"The thing I appreciated the most is I didn't feel overwhelmed with the amount of information," Roberts-Buckley said. "It's streamlined; you can view resources easily and quickly access the information you need. Most importantly, everything is confidential and available 24/7. Employees and their households can use it when it best suits their schedule and needs. They are in the driver's seat."

Users can create an account for a customized experience, but it is not required to access the resources.

With over 230 topics to choose from, employees can learn more about common mental health topics ranging from anxiety and burnout to mindfulness and romantic relationships, take free online assessments, and learn exercises they can practice themselves. For example, users can take an assessment [2] to measure how their sleep quality has been over the last month, then receive recommended resources on how to get a better night's rest. Or, if someone wants to begin meditating, they can find podcasts [3] on the benefits of meditation, then videos [4] showing them how to get started.

The University's CredibleMind page also links to resources for those needing immediate help [5], including phone, text and online chat support for people experiencing thoughts of suicide, eating disorders, disaster distress and more.

The pilot partnership, which comes at no cost to the University, runs through the end of October. At that point, the University will decide whether to move forward with the tool.

CredibleMind is the latest partnership from Life & Work Connections designed to support each dimension of employee wellness. The office also partners with ComPsych, a global provider of employee assistance programs, to help expand access to employee assistance counseling [6] as well as financial [7], legal [8] and relocation [9] services.

Source URL: https://uaatwork.arizona.edu/lqp/new-mental-well-being-platform-brings-thousands-resources-employees-and-their-families

Links
[1] https://arizona.crediblemind.com/
[2] https://arizona.crediblemind.com/assessments/hows-your-sleep-quality/page1
[3] https://arizona.crediblemind.com/resources?query=meditation&presentation=mixed&type=5B0%5D=Podcasts
[4] https://arizona.crediblemind.com/resources?query=meditation&presentation=mixed&type=5B0%5D=Videos
[6] https://lifework.arizona.edu/employee-assistance-counseling