



FCDJFS/CredibleMind Mental Health Toolkit Partner Email

Dear Community Partners:

The pandemic and economic downturn has taken a major toll on residents' mental health and well-being. Many more have been suffering in silence since well before the pandemic but haven't sought treatment because of stigma or simply a lack of awareness. Franklin County wants residents to know it's OK to not be OK, and they are not alone - we are here to help!

Franklin County has launched a new website, [FranklinCountyOhio.CredibleMind.com](https://franklincountyohio.crediblemind.com), that focuses on mental health and well-being to help residents sort through life's challenges.

The website was developed in collaboration with Franklin County health and human services agencies and the Alcohol, Drug and Mental Health Board of Franklin County (ADAMH) and uses the interactive CredibleMind platform. It offers a virtual library of resources including thousands of videos, podcasts, apps, books, and online tools covering over 200 mental health topics. Residents can also take a mental health assessment and receive personalized results to help them begin a path to self-care and happiness.

The website is free and completely confidential and provides residents with access to:

- Thousands of apps, podcasts, books, articles, and videos covering hundreds of mental health topics.
- Over a dozen assessments that help them understand their own mental health. Assessments are vetted by experts and cover topics like include anxiety, depression, meditation, burnout, and substance use.
- Evidence-based tools that help them focus on building skills to thrive mentally and emotionally at work, with family and friends, and in our community.

We are asking you to help raise awareness about this new tool to help Franklin County residents improve their mental health and well-being! We have included several informational flyers complete with scannable QR codes as well as sample social media posts that you can use to help us get the word out!

- Informational Flyers
- Sample Social Media Posts
- Website: <https://franklincountyohio.crediblemind.com/>

Together, we can positively impact the mental health and well-being of Franklin County residents. Thank you for your continued partnership!