IT'S OK TO NOT BE OK



STRESS?
ANXIETY?
DEPRESSION?
GRIEF AND LOSS?
SUBSTANCE USE?
BURN OUT?

The Alabama Department of Public Health and CredibleMind are here to help.

Confidential and anonymous, and available 24/7, with CredibleMind you can learn new skills, understand your own mental health, take mental health assessments, and browse our library of mental wellbeing resources.

Scan the QR Code or go to alabama.crediblemind.com

ALABAMA PUBLIC HEALTH

JCDH — PREVENT · PROMOTE · PROTECT — JEFFERSON COUNTY AL DEPARTMENT OF HEALTH — 100 YEARS OF CARING

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This website is supported by the Centers for Disease Control (CDC) Injury Prevention and Control Research and State and Community Based Programs, Overdose Data to Action in States, Grant #NU17CE010196. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by CDC, or the U.S. Government.