

# 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](http://alabama.crediblemind.com)**



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