CredibleMind

HOPEFUL MINDS

BHDD SOUTH CAROLINA DEPARTMENT of BEHAVIORAL HEALTH AND DEVELOPMENTAL DISABILITIES
OFFICE of MENTAL HEALTH

Hopeful Minds: The One Stop Shop for Mental Wellbeing Resources

Hopeful Minds is the free, online platform that brings together expert-rated and vetted videos, podcasts, apps, online programs, books ,and articles all in one easy-to-use place.

Confidential and available 24/7, with Hopeful Minds you can learn new skills, understand your own mental health, take a mental health assessment, and browse a library of thousands of mental wellbeing resources.

Hopeful Minds covers over 200 topics, including:

- Stress
- Burnout
- Anxiety
- Depression
- Relationships
- Mindfulness
- Resilience
- Coping with Medical Diagnosis
- Time-Management
- Happiness
- Sleep
- Parenting
- Grief and Loss
- Flourishing
- Substance Use
- Aging

Get started today by signing up and taking a mental health assessment. Some assessments you'll find on Hopeful Minds are:

- Is it Job Stress or Burnout?
- What's your Mental Health Profile?
- How Strong is Your Resilience Network?
- Is Caring for Others Taking a Toll on You?
- Is Your Mind Full or Are You Mindful?
- What's Your Meditation Style?

By signing up, you will have access to: past assessment results to track improvement over time, your favorite resources, and handpicked CredibleMind resources right to your email!

No matter what you are going through, Hopeful Minds has resources to help with science-backed evidence you can trust.

Visit hopefulminds.crediblemind.com to get started