



# CredibleMind

**FREE, CONFIDENTIAL ACCESS TO MENTAL HEALTH  
AND WELLBEING RESOURCES YOU CAN TRUST**



[UMDHU.CREDIBLEMIND.COM](https://UMDHU.CREDIBLEMIND.COM)

Upper Missouri District Health Unit

Also available through:

Dickey County Health District | Fargo Cass Public Health | Pembina County Public Health | Trail District Health Unit



Upper Missouri District Health Unit  
Your Public Health Professionals

Search for topics, resources, and more



Home Topics Assessments Learning Lab <sup>New</sup> Insights News Community Resources



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# Behavioral Health Matters

## Resources You Can Trust

Welcome to the UMDHU CredibleMind site where you will find local resources and trusted information to support your overall well-being

Search for topics, resources, and more




3 MINS



Assessment

**Is Your Substance Use Harmful?**

START >



Topic

**Burnout**


Overcome stress and find work-life balance



Topic

**Flourishing or Languishing**

Move toward a more meaningful life



Topic

**Time Management**

Learn to focus and make the most out of your time



# Topics for Your Mental Wellbeing

Search over 100 topics



**Featured Topics**

All Topics

Trending Topics

Mental Health

**Wellbeing at Work**



## Burnout

Overcome stress and find work-life balance



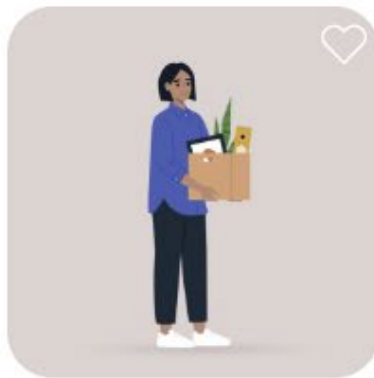
## Professional Caregiving

Learn to thrive and flourish as a professional caregiver



## Workplace Wellness

Achieve a healthier life while working



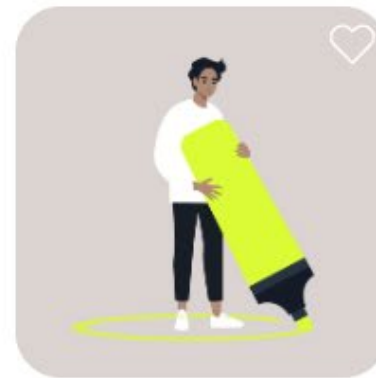
## Job Transitions

Change jobs with less stress



## Imposter Syndrome

Stop undervaluing and start celebrating yourself



## Social Anxiety

Develop skills to overcome social fear and discomfort



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# Burnout

Overcome stress and find work-life balance

PERSONALIZE

FIND WHAT HELPS

TAKE AN ASSESSMENT

### Quick Filters

Teachings and Discussions

Get the Facts

Tips

Personal Story

### Life Stage

Employees

Parents

Teens

### Watch, Listen, Read, Download

Videos

Podcasts

Articles

FAQ

Insights

### Take Action

Guided Activity

### Other Filters

Clinical Professionals

Teachers

Black Voices

Editor's Pick

Peer Support

News

Leaders

Books

Organizations

Assessments

Under 5 Minutes

Upper Missouri District Health Unit

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Community Resources



Help is Here


Learn more

# WHAT HELPS ⓘ

## TRY THIS!



### Workplace Burnout

 Series | 6 Resources

GET STARTED

## FOCUS ON YOUR SELF



Meaning & Purpose



Sleep

## ADD A MINDFULNESS PRACTICE



Meditation



Mindfulness

## TRY THESE EXERCISES



Exercise & Body  
Movement

## OTHER APPROACHES



# Get Started: Take an Assessment [VIEW ALL >](#)

12 MINS 





 Assessment  
**What's Your Mental Health Profile?**  
START 



3 MINS 




 Assessment  
**Are You Mindful or Is Your Mind Full?**  
START 

3 MINS 



 Assessment  
**Mental Health Check-in**  
START 





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[Home](#) [Topics](#) [Assessments](#) [Learning Lab](#) New [Insights](#) [News](#) [Community Resources](#)



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ASSESSMENT

Save as favorite

# Mental Health Check-in

Takes only 3 minutes

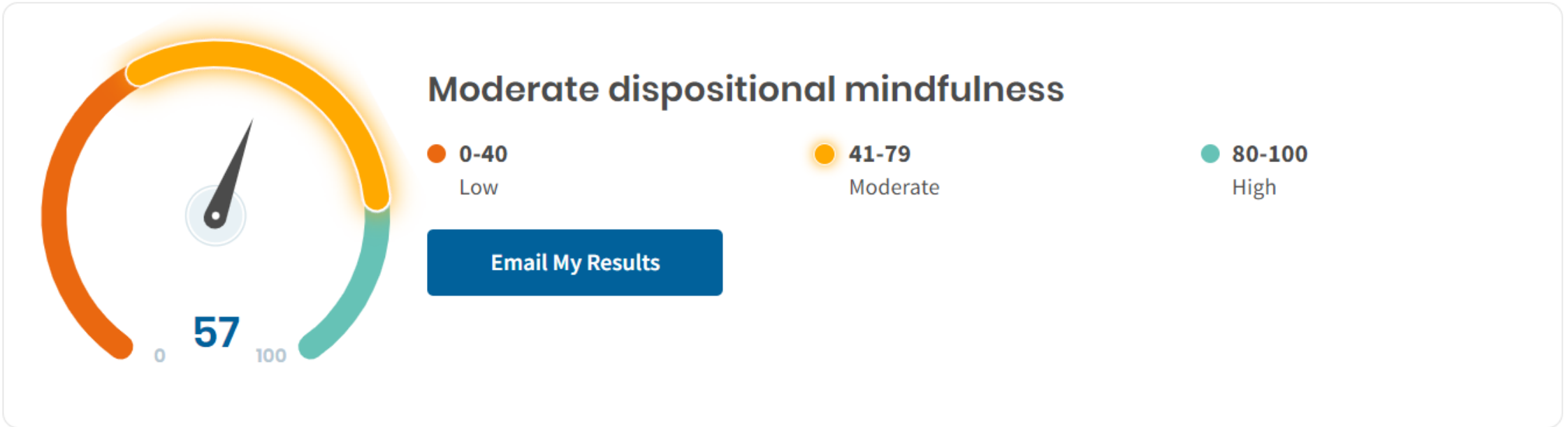
*Have you checked in lately with your mental health? Feeling blah and not sure where to get started?*

You've come to the right assessment! Complete our Mental Health Check-in and you'll receive quick insights into how you're doing mentally and emotionally in the areas of **flourishing**, **anxiety**, and **depression**. Learn more about how flourishing goes beyond traditional mental health and receive resources and suggestions on how to flourish, even if you're experiencing anxiety or depression symptoms.

[Read Less](#)



YOUR RESULTS FOR  
“Are You Mindful or Is Your Mind Full?”





How this assessment is scored



## Moderate Dispositional Mindfulness

View All 



 Podcast 47 mins 

**Growing Compassion And Mindfulness**  
Being Well with Forrest Hanson and Dr. Rick Hanson



 Video 5 mins 


**5 Minute Guided Meditation for Busy People**




 Insights  


**A Holistic Approach to Wellbeing: Using Mindfulness to Improve Your Physical Health**


## Explore Topics Based on Your Results




**Self-Care** 


Learn to take care of yourself and your health




**Mindful Eating** 


Embrace the power of mindfulness in every bite



**Breathing Practices** 


Learn how to use your breath for healing and relaxation


 Series



**Workplace Burnout**


[GET STARTED](#)


 Series



**Relieve Stress Mindfully**


[GET STARTED](#)


 Series



**Intro to CBT**


[GET STARTED](#)


 Series



**Managing Social Media**


[GET STARTED](#)


 Series



**New to Meditation**


[GET STARTED](#)


 Series



**Building Resilience**


[GET STARTED](#)


 Series



**Starting Therapy**


[GET STARTED](#)


 Series



**Relieving Anxiety**


[GET STARTED](#)


 Series



**Healing with Breathwork**

[GET STARTED](#)

 Series



**Sleep Better**

[GET STARTED](#)

All resources are currently available in English only.

Find practices that help with:

Depression

Anxiety

Stress


Flourishing


Sleep

Time Management










CLEAR

Limit to only these types:

Watch/Read 

Listen 

CLEAR

<p>5 mins </p> <p><b>5-4-3-2-1 Method</b></p> <p><b>START PRACTICE</b></p> <p>Depression Anxiety ...</p>	<p>3 mins </p> <p><b>Muscle Relaxation for Anxiety</b></p> <p><b>START PRACTICE</b></p> <p>Anxiety Stress</p>	<p>4 mins </p> <p><b>Tapping to Relieve Anxiety</b></p> <p><b>START PRACTICE</b></p> <p>Stress Anxiety</p>	<p>6 mins </p> <p><b>Self-Acceptance Meditation</b></p> <p><b>START PRACTICE</b></p> <p>Depression Flourishing</p>
<p>3 mins </p> <p><b>Box Breathing</b></p> <p><b>START PRACTICE</b></p> <p>Depression Anxiety ...</p>	<p>30 mins  </p> <p><b>Pomodoro Timer</b></p> <p><b>START PRACTICE</b></p> <p>Time Management</p>	<p>10 mins </p> <p><b>Body Scan Meditation</b></p> <p><b>START PRACTICE</b></p> <p>Anxiety Stress Sleep</p>	<p>3 mins </p> <p><b>Gratitude Timer</b></p> <p><b>START PRACTICE</b></p> <p>Depression Flourishing ...</p>

# Insights

Insights are original articles from personal journeys and expert perspectives



 Insights

## The Resilience Toolkit: Four Effective Leadership Skills

Oct 14, 2024 | Marissa McKool

The Public Health Burnout Coach



 Insights

## Looking Outward When Resilience Flags

Oct 07, 2024 | Elaine K. Howley

Freelance Journalist, Marathon Swimmer



 Insights

## Navigating Life with ADHD: A Journey of Understanding and Self...

Sep 30, 2024 | Bennett Crawford and Dustin DiPerna



## Help is Here

Find help for behavioral health, housing, employment, and more

[Learn more](#) 



## Addiction Programs

Find a treatment program near you

[Learn more](#) 



## Mental Health Program Directory

Find services near you

[Learn more](#) 



## Human Service Centers

Your local public behavioral health resource

[Learn more](#) 



## Human Service Zones

Your local social services resource

[Learn more](#) 



## Upper Missouri District Health Unit

Your local public health resource

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# Community Resources