



CredibleMind Youth: Mental Wellbeing Resources Built for Young People

Find youth-focused resources and support to help manage and understand life's common challenges



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

Helping Young People Navigate Life's Challenges

Our new Youth Page unites content built specifically for ages 13–18, supporting young people at a pivotal moment when guidance, clarity, and confidence matter most.

- Assessments to understand individual wellbeing
- Articles for real-life challenges
- Videos and podcasts on stress, relationships & identity, and more
- Quick tips & wellness tools

A safe, accessible starting point for young people to learn, grow, and feel supported.

CredibleMind covers over 100 topics including:

- ✓ Anxiety & Young Adults
- ✓ Depression & Young Adults
- ✓ Health Social Media Use
- ✓ Body Image
- ✓ Bullying
- ✓ Self Injury
- ✓ LGBTQIA+



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