



Behavioral Health 360°

A Nationwide Public Health Initiative on Mental Health and Substance Misuse

The Solution: Behavioral Health 360

A Nationwide Public Health Initiative on Mental Health and Substance Misuse

A National Program, Locally Delivered including:



Localize Digital Mental Health Platform for Broad Engagement

Managed sites tailorable to the needs, culture, and resources of the local community



Marketing Support to Drive Active Engagement

Marketing and engagement tools can help you reach a broader audience



Data and Benchmark Reporting

Gain real-time actionable insights through aggregated assessment results and user behavior data benchmarked against like communities



A Community of Practice and Best Practice Sharing

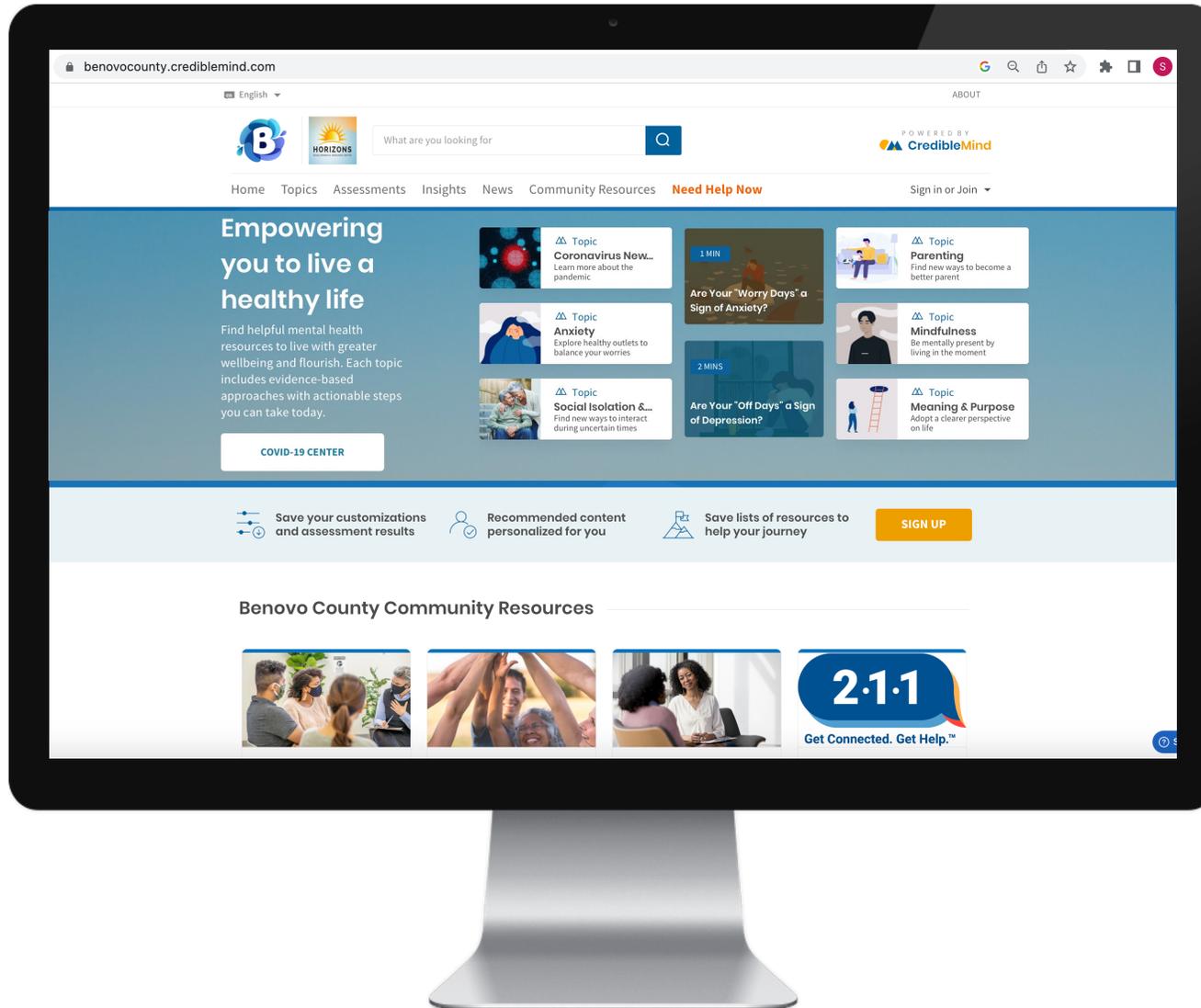
Learning and growth, cross-pollination of ideas, networking opportunities, continuous improvement



Grant Opportunities

Access various grants to help finance your behavioral health program

Transparent Priority – Broaden and Deepen Reach and Engagement



- Promotion, prevention, early intervention
- Increase awareness of mental health strengths and challenges
- Positively change behavior



What are you looking for



Topics

Assessments

Insights

News

User Resources

Need Help Now

Sign in or Join

Front Line Initiative

Resources for your mental health and well-being

A collaboration of the Tewksbury, Billerica, Dracut, Chelmsford, and Tyngsborough Police Departments and area community partners.

5 MINS



Assessment

Have Past Events Left You With Trauma or PTSD?

START >

Topic

Addiction & Recovery

Take the first step toward recovery

Topic

Resilience

Bounce back from life's challenges

Topic

Stress

Explore ways to relieve stress and calm worries



Save your customizations and assessment results



Recommended content personalized for you



Save lists of resources to help your journey

SIGN UP

Front Line Initiative User Resources



Drug Free Greater Lowell

Substance Use Disorder Resources

Learn more >



Beth Israel Lahey Health Behavioral Services

Lowell Crisis Team

Learn more >



Lowell Community Health Center

Keeping you safe. Keeping you healthy.

Learn more >



The Phoenix

Together We Rise

Get Started >

Responding to First Responders [VIEW ALL](#)



Coping With Mass Violence



Insights

Overwhelmed by All the Violence? Here's How to Cope



Video 11 mins

3 Steps To Help Kids Process Traumatic Events | Kristen Nguyen | TED

★★★★☆ 4.2



Podcast 47 mins

Could This Be the Answer to Ending Mass Shootings?

CLEANING UP YOUR MENTAL MESS with Dr. Caroline Leaf

★★★★☆ 4.4



Article

How to Cope With Traumatic Events

How to Stay Calm in an Emergency



Video 8 mins

Having a Panic Attack? The Anti-Struggle Technique - A Guided Walkthrough to Stop a Panic Attack

★★★★☆ 4.1



Podcast 17 mins

How to Manage Your Stress Like an ER Doctor | Darria Long

TED Health

★★★★☆ 3.9



Article

How to Calm Down Quickly: 9 Things You Can Do Right Now



Video 18 mins

How to Turn off the Fear Response 12/30 Create a Sense of Safety

★★★★☆ 4.1

Managing Stress and Grief After a Traumatic Event [VIEW ALL](#)



Article

How to Help a Grieving Teenager: 10 Tips for Handling Teen Grief



Video 7 mins

5 Things About Grief No One Really Tells You



Article

Trauma: How Can Other People Help?



Video 5 mins

Heartbeat: A Mindfulness Exercise to Calm Your Emotions



Podcast 33 mins

Learning to Live After Loss



depression

Results for: "depression"

Others also search for: [compassion](#) [resilience](#) [stress](#) [trauma](#)

TOPICS

- Depression
- Depression and Young Adults
- Postpartum Depression
- Acceptance & Commitment Therapy
- Transcranial Magnetic Stimulation

[See All Topics >](#)

ASSESSMENTS

- Are Your "Off Days" a Sign of Depression?
[START >](#)
- Mental Health Check-in
[START >](#)
- What's Your Mental Health Profile?
[START >](#)

[See all Assessments >](#)

RESOURCES

- INSIGHTS**
Depression, Anxiety and a Flourishing Life: Part 1
★★★★★
- INSIGHTS**
Depression, Anxiety and a Flourishing Life: Part 2
★★★★★
- INSIGHTS**
Feeling Depressed? Here's What You Can Do
★★★★★
- NEWS**
Depression and Burnout
- VIDEOS**
Depression in HBO's Game of Thrones
★★★★★
- VIDEOS**
Depression + OCD
- ARTICLES**
Depression Treatment
- VIDEOS**
Depression is a Disease of Civilization
★★★★★
- VIDEOS**
Depression is an Illness, Not a Weakness
★★★★★
- NEWS**
Depression memes may be a coping mechanism
- APPS**
Depression CBT Self-Help Guide
★★★★★
- ARTICLES**
Depression is the single largest predictor of substance use during pregnancy
- NEWS**
Depression is a natural result of chronic pain. Can learning to accept the pain help?
- ARTICLES**
Depression Can Be Literally, Physically Painful, According To A New Study
- ARTICLES**
Depression in Women: 5 Things You Should Know
- APPS**
Depression Test
★★★★★
- ARTICLES**
Depression is on the rise among Gen Z – and teen girls are experiencing the worst of it
- ARTICLES**
Depression in Men: What to Know

[View all Resources related to "depression" >](#)





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- Topics
- Assessments
- Insights
- News
- User Resources
- Need Help Now**
- Sign in or Join

Mental Health

- Life Changes
- Emotional Health
- Healthy Relationships
- Personal Growth
- Physical Health
- Spiritual Health
- Wellbeing at Work

[VIEW ALL TOPICS](#)

Top Topics



Anxiety



Stress



Depression



Self-Care

More Topics

- | | | |
|--------------------------|-----------------------------|--------------------------|
| Addiction & Recovery | Depression and Young Adults | OCD |
| ADHD | Eating Disorders | Suicide & Prevention |
| Anxiety and Young Adults | Online Therapy | Therapy & Support Groups |
| Bipolar Disorder | Psychotherapy | Trauma |
| Overcoming Stigma | PTSD | |

Addiction & Recovery
p toward recovery

m life's challenges

relieve stress and calm worries



Save your customizations and assessment results



Recommended content personalized for you



Save lists of resources to help your journey

SIGN UP

Front Line Initiative User Resources





What are you looking for [Search]

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- Assessments
- Insights
- News
- User Resources
- Need Help Now**
- Sign in or Join

- Mental Health >
- Life Changes >
- Emotional Health >
- Healthy Relationships >
- Personal Growth >
- Physical Health >**
- Spiritual Health >
- Wellbeing at Work >
- [VIEW ALL TOPICS](#)

Top Topics



Sleep



Exercise & Body Movement



Body Image



Eating Disorders

More Topics

- | | | |
|-----------------------------|---------------------------|-----------------|
| Acupuncture | Living with Diabetes | Physical Health |
| Living with Cancer | Living with Heart Disease | Sexuality |
| Living with Chronic Illness | Nature & The Outdoors | Walking |
| Living with Chronic Pain | Nutrition | Yoga |

- Recovery**
p toward recovery
- m life's challenges
- relieve stress and calm worries



Save your customizations and assessment results



Recommended content personalized for you



Save lists of resources to help your journey

SIGN UP

Front Line Initiative User Resources





What are you looking for

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Wellbeing Assessments

All assessments

My results

3 MINS

Assessment
What's Your Attachment Style?
START >

12 MINS

Taken | View Results

Assessment
What's Your Mental Health Profile?
RETAKE >

3 MINS

Taken | View Results

Assessment
Mental Health Check-in
RETAKE >

2 MINS

Assessment
Is it Job Stress or Burnout?
START >

4 MINS

Taken | View Results

Assessment
Is Caring for Others Taking a Toll on You?
RETAKE >

1 MIN

Assessment
Are Your "Worry Days" a Sign of Anxiety?
START >

2 MINS

Taken | View Results

Assessment
Are Your "Off Days" a Sign of Depression?
RETAKE >

2 MINS

Assessment
How's Your Sleep Quality?
START >

3 MINS

Taken | View Results

Assessment
How Strong is Your Resilience Network?
RETAKE >

3 MINS

Taken | View Results

Assessment
Is Your Substance Use Harmful?
RETAKE >

5 MINS

Assessment

2 MINS

Assessment

5 MINS

Assessment

3 MINS

Assessment

9 MINS

Assessment



What are you looking for [Search icon]

1. In general, I consider myself:

Not a very happy person [1] [2] [3] [4] [5] [6] [7] A very happy person

2. Compared to most of my peers, I consider myself:

Less happy [1] [2] [3] [4] [5] [6] [7] More happy

3. Some people are generally not very happy. For example, although they are not depressed, they never seem as happy as they might be. To what extent does this describe you?

Not at all [1] [2] [3] [4] [5] [6] [7] A great deal

4. Some people are generally very happy. For example, they enjoy life regardless of what is going on, getting the most out of everything. To what extent does this describe you?

Not at all [1] [2] [3] [4] [5] [6] [7] A great deal

5. Are you currently in a relationship?

No
 Yes

Lao Tzu

Semi-legendary Chinese figure, founder of Taoism

Questions for this assessment were derived from the following validated scales:

- Lyubomirsky, S., & Lepper, H. (1999). A measure of subjective happiness: Preliminary reliability and construct validation. *Social Indicators Research, 46*, 137-155.
- Funk, J. L., & Rogge, R. D. (2007). Testing the Ruler with Item Response Theory: Increasing Precision of Measurement for Relationship Satisfaction with the Couples Satisfaction Index. *Journal of Family Psychology, 21*, 572-583.
- Hurrell, J. J., & McLaney, M. A. (1988). Exposure to job stress- A new psychometric instrument. *Scandinavian Journal of Work, Environment & Health, 14*, 27-27.
- Zimet G. D., Powell, S. S., Farley, G. K., Werkman, S., & Berkoff, K. A. (1990). Psychometric characteristics of the Multidimensional Scale of Perceived



YOUR RESULTS FOR “What's Your Mental Health Profile?”

 Share

At CredibleMind, we have tons of resources to help you grow and thrive mentally, emotionally, physically, and socially. By finishing this assessment, you've taken the first step towards becoming a better you!

Based on your responses, we have several recommendations for you in the areas of mental health and emotional wellbeing. Continue reading to find out what topics in these areas you can start to work on or learn more about today.

Summary of Your Results

Select an area to jump to details

Areas you're doing well	Your eating habits Forgiving yourself and others	Your body image	Bouncing back from tough times
Areas of some concern	Drinking or using drugs Procrastinating or getting distracted Your job or career Overcoming vulnerability	Coping with bad things that happened to you Feeling sad about being alone Your financial wellbeing	Stress Dealing with getting older Finding meaning and purpose in life
Areas of greater concern	Worrying Sleep habits Your social support	Feeling sad or down Feeling happier Your housing situation	Coping with the loss of a loved one Your relationship or marriage Taking care of someone else's health

No signs of eating disorder



Your degree of difficulty with past trauma



You (33)

You may have some trouble coping with bad things that happened to you in the past, otherwise known as experiencing **trauma**. It's normal to still feel the negative effects of things that happened to us years ago, even if it happened during childhood. It doesn't matter as much if you still have feelings, but rather, how you deal with those feelings.

Trauma can greatly affect your **mental health**, **physical health**, and even how long you live. However, researchers have found that building something called **resilience** can affect how your brain reacts to trauma-- building resilience can help survivors feel more comfortable in their own skin, have positive relationships with those around them, and do well in life even though their past is painful.



Article

How to Reduce the Impact of Childhood Trauma



Podcast

47 mins

256: Hilary Jacobs Hendel on How to Process Our Emotions

The One You Feed

★★★★☆ 4.2

Topic
Resilience
Bounce back from life's challenges

Topic
Trauma
Heal from overwhelming experiences

Topic
Cognitive...
Create new, healthier thought patterns for...

Your level of perceived stress

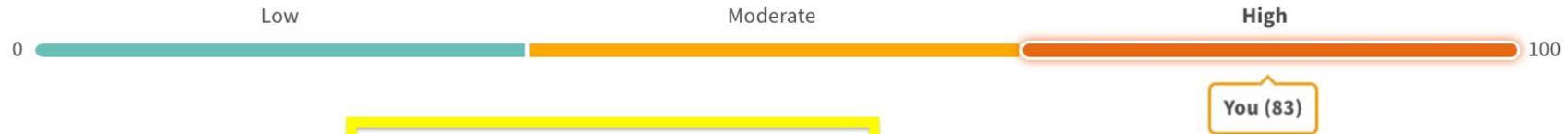


You (56)

Stress is totally normal! Stress is our body's natural reaction to life's challenges, but too much stress can affect the mind and body like **sleeping poorly** or getting **anxious** too often.



Your risk of anxiety

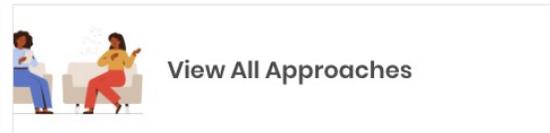
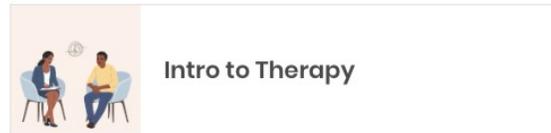


We highly recommend that you seek **professional help** or talk to your doctor as your symptoms suggest you may be experiencing anxiety. If you need help now [click here](#). To dig even further into these symptoms, take our assessment: [Are Your "Worry Days" a Sign of Anxiety?](#)

We're here to let you know anxiety isn't always a bad thing. Did you know that when you view anxiety more positively, it can improve other aspects of your life, like your **creativity** and how you **socialize with others**? These are your anxiety superpowers! Take our [assessment](#) to find out your anxiety superpowers!

Other expert-recommended and evidence-based approaches:

- [Breathwork](#)
- [Meditation](#)
- [Mindfulness](#)
- [Sleep](#)
- [Time Management](#)



Video 13 mins

These Are the Signs of Anxiety During Pregnancy & Postpartum



Podcast 6 mins

What Happens When We Experience Anxiety

Black People Die By Suicide Too Podcast



Video 7 mins

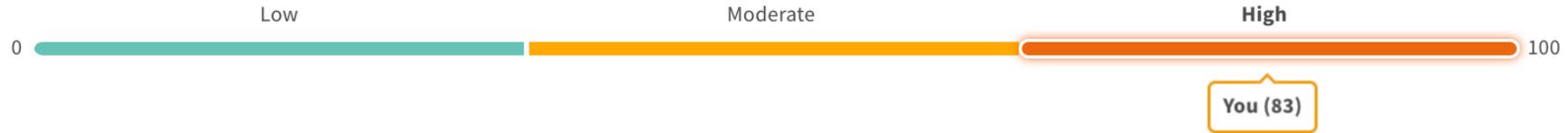
What is Anxious Depression?



Video 7 mins

Magnesium for Anxiety and Depression? The Science Says Yes!

Your risk of anxiety



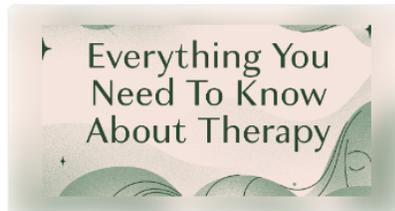
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Other expert-recommended and evidence-based approaches:

- [Breathwork](#)
- [Meditation](#)
- [Mindfulness](#)
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Understanding Anxiety **Intro to Therapy** View All Approaches



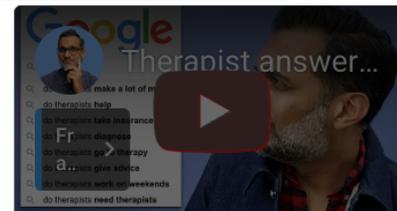
Article

Everything You Could Possibly Want To Know About Therapy



Podcast 14 mins

Why Does Therapy Work?
Being Well with Forrest Hanson and Dr. Rick Hanson



Video 29 mins

Therapist Answers Commonly Googled Questions About Therapy
Here is Everything You Need to Know



Article

Why Should You Go to Therapy

Your sleep quality



You may be feeling bad about your sleep quality. We highly recommend you seek out a **professional** to start building better sleep habits. Sleep disorders like insomnia and sleep deprivation as well as poor sleep habits can negatively affect your body and brain, which you may already be experiencing. To dig even deeper into your sleep quality and sleeping habits, check out resources below.



Video 68 mins

The Science of Sleep for Ultimate Success
Learn how to sleep better

★★★★☆ 4.2



Podcast 42 mins

Arianna Huffington: ON Why Sleep Is Crucial To Success
On Purpose with Jay Shetty

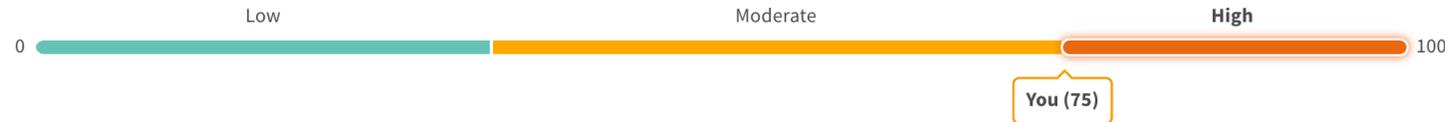
★★★★☆ 4.3

Topic **Sleep**
Get a good night's rest with proven techniques

Topic **Bright Light...**
Therapy type using light for sleep or depression

Topic **Meditation**
Practice meditation to boost overall wellbeing

Your level of concerns about housing



It seems like your current housing situation has been negatively impacting your personal life or work or has started to affect your satisfaction with life. Housing and being sheltered is a human need, along with food, water, and social connection. You may be living in an area that's undergoing a housing crisis, having difficulty finding affordable housing, or transitioning between housing situations.

We have several resources that can help you through your housing transition, as well as to help you deal with any emotional fallout such as **stress** and **anxiety**.





What are you looking for [Search]

- Topics, Assessments, Insights, News, User Resources, Need Help Now, Sign in or Join



Anxiety

Find healthy outlets to manage and treat anxiety

PERSONALIZE, FIND WHAT HELPS, TAKE AN ASSESSMENT buttons

Life is stressful sometimes. Work gets tough. School gets overwhelming. The news can bring you down. It's normal to worry when life is hard. It's part of being human. However, when worry grows into anxiety, it affects your health. Anxiety can hurt your mental, emotional, and physical wellbeing.

If anxiety becomes so overwhelming that it interferes with your wellbeing, then you could have a clinical anxiety disorder. You're not alone—worldwide, about 3.6% or 264 million people have an anxiety disorder.

Fortunately, there are many tools available to help you manage anxiety and live with peace.

LEARN MORE

Quick Filters: Teachings and Discussions, Get the Facts, Tips, Personal Story

Editor's Picks for Anxiety [View All](#)



Front Line Initiative User Resources. A Regional Police Mental Health Collaborative Serving the... About Our Services



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< Go to Overview



Anxiety

Find healthy outlets to manage and treat anxiety

FIND WHAT HELPS

TAKE AN ASSESSMENT

Learn More About Anxiety

What is Anxiety?

Do you have trouble falling or staying asleep? Or feel restless during the work or school day, or find it difficult to focus on certain tasks? These things may seem normal, but they're also symptoms of anxiety. Many of us experience anxiety related to our personal life, work, school, or relationships. On top of that, there may even be things outside of our control that can contribute to anxiety symptoms, such as the [climate crisis](#) or 2020 coronavirus pandemic.

There are 7 signs and symptoms of an anxiety disorder to look out for:

1. Do you get tired easily?
2. Do you find it hard to concentrate or does your mind often go blank?
3. Are you more irritable than normal?
4. Do your muscles feel more tense than usual?
5. Do you find it hard to control your feelings of worry?



Cognitive Behavioral Therapy
Create new, healthier thought patterns for better wellbeing



Doctors & Medication
Reach out to mental health professionals



Bodywork & Relaxation Techniques
Healing strategies to promote relaxation



Breathwork
Change your breathing patterns to relax



Creative Expression
Embrace creativity and express your true self



What are you looking for [Search]

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Self-help for Anxiety

Whether you're experiencing anxiety symptoms or have been diagnosed with an anxiety disorder, there are numerous approaches available to help manage your symptoms. Some of these, like [cognitive behavioral therapy \(CBT\)](#) and [meditation](#), are strongly supported by research. Others, like building [time-management](#) skills and [self-care](#) routines, are safe and help many, but may lack evidence or not be as well known. We help connect you to a variety of different approaches to ease the process of searching on your own.

We also highly recommend working with a [mental health professional](#). A therapist, psychiatrist, psychologist, social worker, or even a life coach has the knowledge and experience to help you manage your anxiety more effectively.

What Helps For Anxiety (i)

[See Sources](#)

Good Evidence	Cognitive Behavioral Therapy		
Some Evidence	Acupuncture	Exercise & Body Movement	Nature & The Outdoors
	CBD	Herbs & Supplements	Tai Chi
Good Idea	Creative Expression	Mindfulness	Yoga
	Doctors & Medication	Mindfulness-Based Stress Reduction	
Good Idea	Massage	Sleep	Meditation
	Bodywork & Relaxation Techniques	Breathwork	

Cognitive Behavioral Therapy Helps For **Anxiety**

Try CBT - Cognitive Behavioral Therapy

There's a lot of support among both clinicians and alternative practitioners for the practice of CBT due to its strong evidence base and long-standing status in the field of psychology. CBT, a brief, structured [therapy](#) approach, is a type of therapy that challenges certain aspects of your thinking in order to help you change behavior patterns that may contribute to anxious feelings. CBT includes [stress](#) management training and graded exposure to fear situations and even internal sensations. There are many ways you can participate in this therapy, from group sessions to 1-on-1 sessions, to online therapy. They range i... [Read More](#)

[Explore more in the Cognitive Behavioral Therapy Topic Center](#)

What Helps: Cognitive Behavioral Therapy (CBT) [View All](#)



Podcast 37 mins

Simple CBT and Mindfulness Strategies to Overcome Anxiety,...

Therapy Show

★★★★★ 4.5



Podcast 54 mins

The Fundamentals of Effective Treatment for Trauma & Anxiety

Think Act Be Podcast

★★★★★ 4.4



Podcast 45 mins

How to Change Your Perspective

The Upgrade by Lifehacker

★★★★★ 4.3

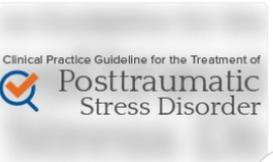


Video 7 mins

What is Cognitive Behavioral Therapy?

Here's How CBT Works

★★★★★ 4.3



Article

What is Cognitive Behavioral Therapy?

CBT: Getting Started [View All](#)



Video 7 mins

What is Cognitive Behavioral Therapy?

Here's How CBT Works

★★★★★ 4.3



Article

Cognitive Behavioral Therapy



Podcast 54 mins

The Fundamentals of Effective Treatment for Trauma & Anxiety

Think Act Be Podcast

★★★★★ 4.4

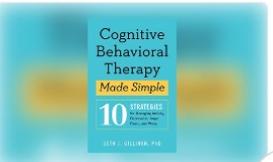


Video 23 mins

What a Cognitive Behavioral Therapy (CBT) Session Looks Like

Learn How to Think, Behave and React in a Healthy Way

★★★★★ 4.2



Book

Cognitive Behavioral Therapy Made Simple

10 Strategies for Managing Anxiety, Depression, Anger, Panic, and...

★★★★★ 4.3



Anxiety ♡

Find healthy outlets to manage and treat anxiety

- [PERSONALIZE ▲](#)
- [FIND WHAT HELPS ▼](#)
- [TAKE AN ASSESSMENT ▼](#)

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- Under 5 Minutes
- Free
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App ♡

7 Cups

Anxiety & Depression help via Chat, Therapy, Counseling,...

★★★★☆ 4.4



App ♡

Therapeer

Give & receive peer support for marriage problems, divorce,...

★★★★☆ 4.1



App ♡

WeAreMore: My Support Network

Growing @ 5,000 patients/month. App for mental health, addiction,...

★★★★☆ 4.1



Article ♡

Cancer Support Groups



Organization ♡ [>](#)

Trans Lifeline



What are you looking for



Was This Podcast Helpful?

Yes No

Take Your Next Step

Anxiety Find healthy outlets to manage and treat anxiety

What Helps

- Cognitive Behavioral Therapy Acupuncture CBD Show More

Mindfulness Be aware of the present to live a richer life



PODCAST

Managing Stress, Anxiety and Fear

Road to Resilience

by Jon Earle, Jordyn H Feingold M.S. and Benjamin Laitman M.S. M.D., Ph.D., Mount Sinai Health System

26 minutes

Experts in Discussion Stress management Human resilience

Overall Rating: 4.5

Did you try this? Help the community by writing a review. Review

How do you cope with stress? Why do some give up, while others persevere? Listen as med student Jordyn Feingold and resident Benny Laitman, MD, PhD, explain how they cope with everyday stress. Each detail their unique circumstances, including the terrifying experience of performing a first surgery, facing pressure to succeed, and taking on an overwhelming course load. Learn how reframing stressful thoughts, facing fears, and practicing self-care has helped them overcome these challenges and avoid burnout.

Source: Listen Notes

Episode

powered by LISTEN NOTES

EPISODE 1 - NOV 28, 2018

Managing Stress, Anxiety and Fear

0:00 / 26:04 [audio player controls]



What are you looking for

Need Help Now? You can now call 988 in the US.

If you are in need of crisis support, call 988 in the US or call another hotline listed below.



In crisis? Call the Suicide and Crisis Lifeline

Call 988

If you are experiencing an emergency

Call 911

Text a Crisis Counselor

Text HOME to 741741

Need LGBTQ support? Call the Trevor Project

Call 866-488-7386

Hotlines

Phone Number	Description
988	Suicide and Crisis Lifeline
911	Emergency
800-799-7233	National Domestic Violence Hotline
800-656-4673	National Sexual Assault Hotline
800-985-5990	Disaster Distress Hotline (SAMHSA)

English

Español

漢語

中文

한국인

Tiếng Việt



Qué estás buscando



¡Bienvenido de nuevo!



Iniciar sesión de nuevo con Google

Questionarios

Percepciones

Noticias

Recursos de Comunidad

Necesito ayuda

Iniciar sesión

Opera en el condado

Benovo

Recursos de bienestar en los que puede confiar

Qué estás buscando



Quick Search: [bullying](#), [Ansiedad climática](#), [Estrés financiero](#)

12 MINS

Cuestionario

¿Cuál es tu perfil de salud mental?

COMENZAR >

Cuestionario

Chequeo de Salud Mental

Tema

Ansiedad

Encuentra maneras saludables para controlar y tratar la ansiedad

Tema

Atención plena

Ser consciente del presente para vivir una vida más rica

Guarda tus personalizaciones y cuestionarios

Contenido recomendado personalizado para ti

Guarda listas de recursos para ayudarte en tu viaje

REGISTRO

Recursos de Benovo County Comunidad



Salud conductual del condado de Benovo
Servicios y soporte



NAMI Condado de Benovo
Programas de apoyo entre pares y más



Encuentra un terapeuta
Ver en tu ciudad por especialidad



Get Connected. Get Help.™

211 en el condado de Benovo
Llame al 211 o vea en línea



Client Dashboard



SEI

Assessments



Summary

Mental Health Profile - Mental Health

Mental Health Profile - Emotional and Social

Are Your "Off Days" a Sign of Depression?

Is Your Mental Health Flourishing?

Is Your Mind Full or Are You Mindful?

How Much Social Support is in Your Life?

Is It Job Stress or Burnout?

Is Caring for Others Taking a Toll On You?

Is Your Substance Use Harmful?

Are Your "Worry Days" a Sign of Anxiety?

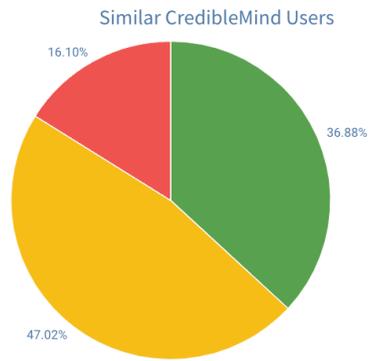
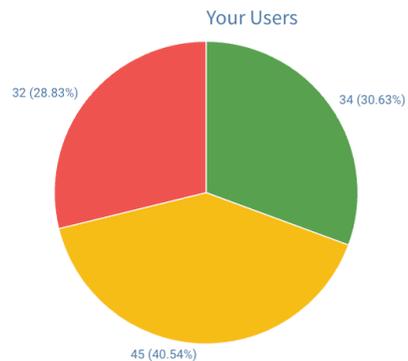
How Strong is Your Resilience Network?

Procrastination, Distraction or ADHD

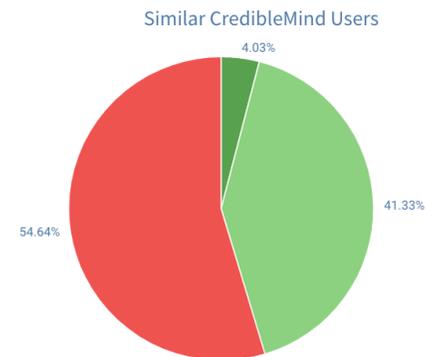
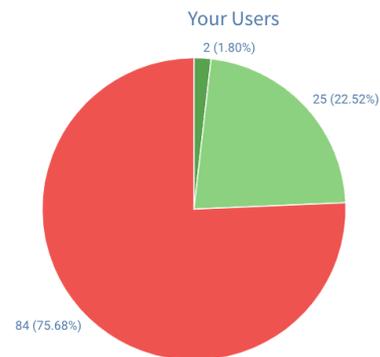
Have Past Events Left You With Trauma or PTSD

Mental Health Check-In

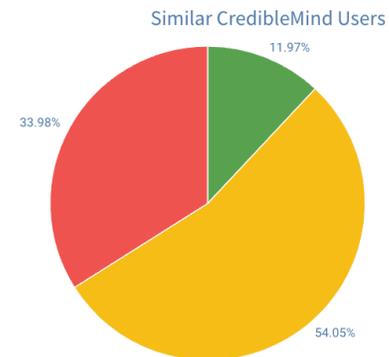
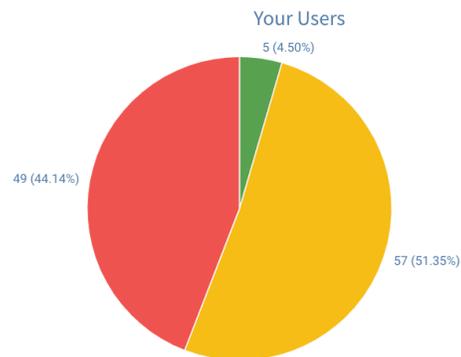
Overall Social Support



Resilience



Stress



Client Dashboard

Audience Overview

Demographics Overview

Audience Behavior

Topic Centers

Resources

Client Resources

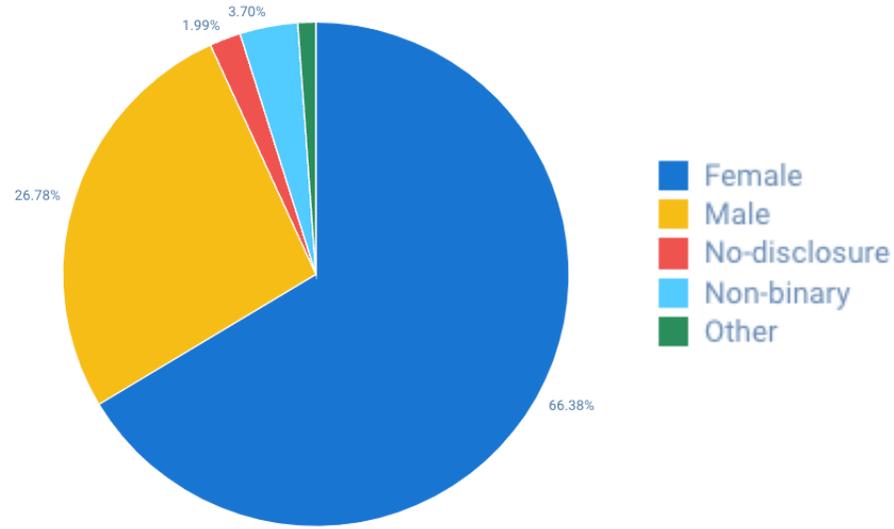
Assessments

Traffic Source

Email Campaigns

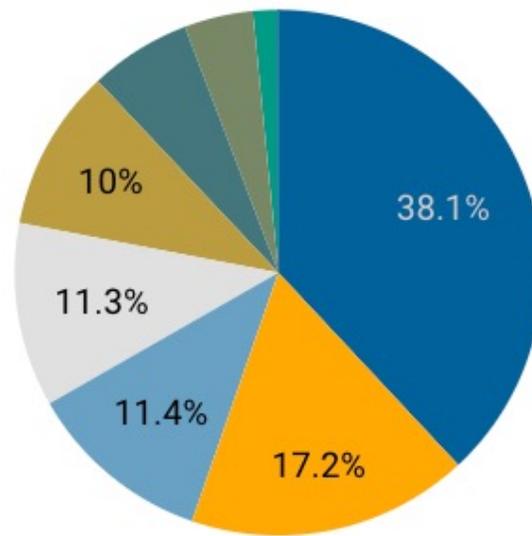
Assessments

Gender



- Female
- Male
- No-disclosure
- Non-binary
- Other

- Less than 18 years old
- 18-24 years old
- 25-34 years old
- null
- 35-44 years old
- 45-54 years old
- 55-64 years old
- 65 years old or older
- Prefer not to disclose





NACCHO Knowledge Sharing Webinars

[VIEW ALL](#)



Article

How do I acquire the Behavioral Health 360 Program?

Improving community mental health



Article

Insights from my community mental health reports

Get actionable data



Article

How do communities drive engagement with mental health...

Partnerships and strategy



Article

Understanding and Improving Mental Health Needs in Your...

Making a difference in the community



Article

The Worksite Mental Health Crisis Is Real. Here's What To Do About It.

Making a difference

NACCHO Knowledge Sharing Case Studies

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Article

Owensboro KY: Successful Awareness Promotion Program

Awareness and Promotion



Article

How we used BH 360 to help with workplace wellness

Improving workplace health



Article

Using BH 360 to help Police with Diversion Programs

Community policing for mental health



Article

How Behavioral Health 360 supports MAPP planning

Aligning forces



Article

Madera County: Collaboration Between Behavioral and Public...

How it helps

Engagement Materials

What to do when you burnout

PS: Try not to beat yourself up about it too much. We all suffer burnout, you are not alone!



Take some time off to relax and reenergise



Spend time in nature: go for a bushwalk or swim in the ocean



Prioritise your physical health - stay hydrated and increase vegetable intake



Schedule in regular time off and breaks to avoid it happening again



Search

Experiencing burnout?

We're here to help. Visit our website to start feeling better today. We assure you that Credible mind is always free, and always confidential.



Visit benovo.crediblemind.com to start feeling better today



IT'S OK TO NOT BE OK

CredibleMind and Benovo are here to help with mental health resources.

ALWAYS FREE
ALWAYS CONFIDENTIAL

Want tools to help manage what life throws at you? Not sure what that "something-just-isn't right" feeling is? Wondering how you can feel more engaged in your relationships and your community?



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ALWAYS FREE
ALWAYS CONFIDENTIAL

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POST-TRAUMATIC STRESS DISORDER

POST-TRAUMATIC STRESS DISORDER (ALSO CALLED PTSD)

is an anxiety disorder that can develop after a person witnesses or experiences a traumatic event. It has a variety of causes and can affect each person differently.

CredibleMind



CredibleMind

People with PTSD often exhibit changes in behavior, such as unexpected changes in their mood or avoiding activities that were once pleasurable.

The changes can be difficult to cope with. Some might feel scared or angry, while others may feel unprepared and frustrated. These feelings are normal, especially for those who know people with PTSD.

When someone you care about has PTSD, it's important to know how you can best support them. Here are some ways you can help.



POST-TRAUMATIC STRESS DISORDER

CredibleMind

POST-TRAUMATIC STRESS DISORDER

HOW CAN YOU HELP?

- Learn more about PTSD
- Be available and listen
- Keep including them



CredibleMind

Remember: Always lead with patience and compassion.

There will be moments when they withdraw or pull away, and may not want to talk or be around other people. Healing isn't linear - sometimes people will feel worse before they feel better.

Respect their need for space and let them know that you're always there for them if they need anything.



POST-TRAUMATIC STRESS DISORDER



CREDIBLEMIND RESOURCE DIGEST

New Assessment Just Launched: How Strong is Your Resilience Network?



How Strong is Your Resilience Network?

Tough times are a normal part of life but sometimes, it can be hard to "bounce back" when you're already down. [Take our assessment](#) to find out how strong your resilience network is and find resources to help you strengthen it.

This Week's Resource Picks



How to Stay Sane With the Delta Variant

If you are feeling anxious about all the uncertainty out there, don't worry. You are not alone. [Try these simple practices to help you stay calm and sane.](#)



5 Tips for Back to School Anxiety

Having anxiety is never an easy thing, especially when coupled with social phobia and going back to school. Having to meet new people and not knowing what to expect can be a frightening experience. [Watch the video here to learn tips for managing back to school anxiety](#) (Note: this video is especially helpful for high school and college students and their families).

Partner Widgets



Benovo
example.com

Access Mental Health Resources

I am looking for... 

OR

Help me with

Addiction & Recovery 

through

All Media Types 

GO

Powered by: 

CredibleMind Outcomes Across Platforms

- 90% “thumbs up helpful” and would refer
- **71% better understand mental health strengths and challenges**
- 70% feel better about themselves
- 61% learn a new skill or practice
- **57% positively changed behavior**



MONTEREY COUNTY BEHAVIORAL HEALTH
Avanzando Juntos Forward Together

What are you looking for



Need Help Now

Monterey County Resources

WellScreen FAQs

Scott

Welcome!

Take your first step towards your mental health journey and get connected to local resources and self-help options

15 MINS



WellScreen Monterey (English)

START >

¡Bienvenidos!

Da tu primer paso hacia tu viaje de salud mental y conéctate con recursos locales y opciones de autoayuda.

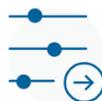
15 MINS



WellScreen Monterey (Español)

COMENZAR >

Already completed WellScreen?



Are you a community member?

Enter your Results Code and click on 'User View' to see your past results



Are you a mental health professional?

Enter your client's Results Code and click on 'Clinical View' to see their results

Enter Results Code Here ⓘ

e.g. 456XYZ

User View

Clinical View



Sources

The Clinician Report presents scores in formats that may be familiar to mental and behavioral health providers along with information on each scale that was chosen for each area of focus. WellScreen was designed and developed for community members aged 16 or older.

The questions in WellScreen are derived from existing validated measures and scales. The following validated scales are included in this screener:

Anxiety and Depression Pre-Screen Measure (PHQ-4)

The 4-item Patient Health Questionnaire measures psychological distress as well as anxiety and depression risks. It contains the first two items of the GAD-7 and the first two items of the PHQ-9. Users see the results for the PHQ-4 separately within the Anxiety and Depression outcomes. [See source here.](#)

Anxiety Measure (GAD-7)

The 7-item Generalized Anxiety Disorder questionnaire measures anxiety symptoms. Only users with scores showing a risk of anxiety in the PHQ-4 are asked to complete the GAD-7. [See source here.](#)

Depression Measure (PHQ-9)

The 9-item Patient Health Questionnaire measures depression symptoms. Only users with scores showing a risk of depression in the PHQ-4 are asked to complete the PHQ-9. [See source here.](#)

Postpartum Depression Measure (EPDS)

The Edinburgh Postnatal Depression Scale is a 10-item measure of postpartum depression risk. Only users who have indicated they are pregnant or have recently been pregnant are asked to complete the EPDS. [See source here.](#)

PTSD Measure (PC-PTSD-5)

The Primary Care PTSD screen for DSM-V is a two-part, 1-6 item measure of PTSD risk. Part I is a one-item screener that asks the user if they have experienced a traumatic event. If users indicate they have experienced such an event, then they are asked to complete Part II which is a 5-item measure to further assess potential risk of PTSD. Users who have not experienced a traumatic event will still see a "PTSD symptoms" result with relevant resources. [See source here.](#)

Bipolar and Psychosis Measure (WERCAP)

The Washington Early Recognition Center Affectivity and Psychosis Screen is a 16-27 item measure of affectivity and psychosis symptoms. The measure is divided in half with 8 items focus on affectivity and 8 items focused on psychosis. Within the affectivity section, there are an additional 3 branching items that assess functioning. Within the psychosis section, there are an additional 8 branching items that assess functioning. [See source here.](#)

Eating Disorders Measure (SCOFF)

The SCOFF questionnaire is a 5-item measure to detect eating disorders. Each letter in the name corresponds to a word in each of the 5 items: Sick, Control, One stone, Fat, and Food. [See source here.](#)

Substance Misuse Measure for 21+ (TAPS)

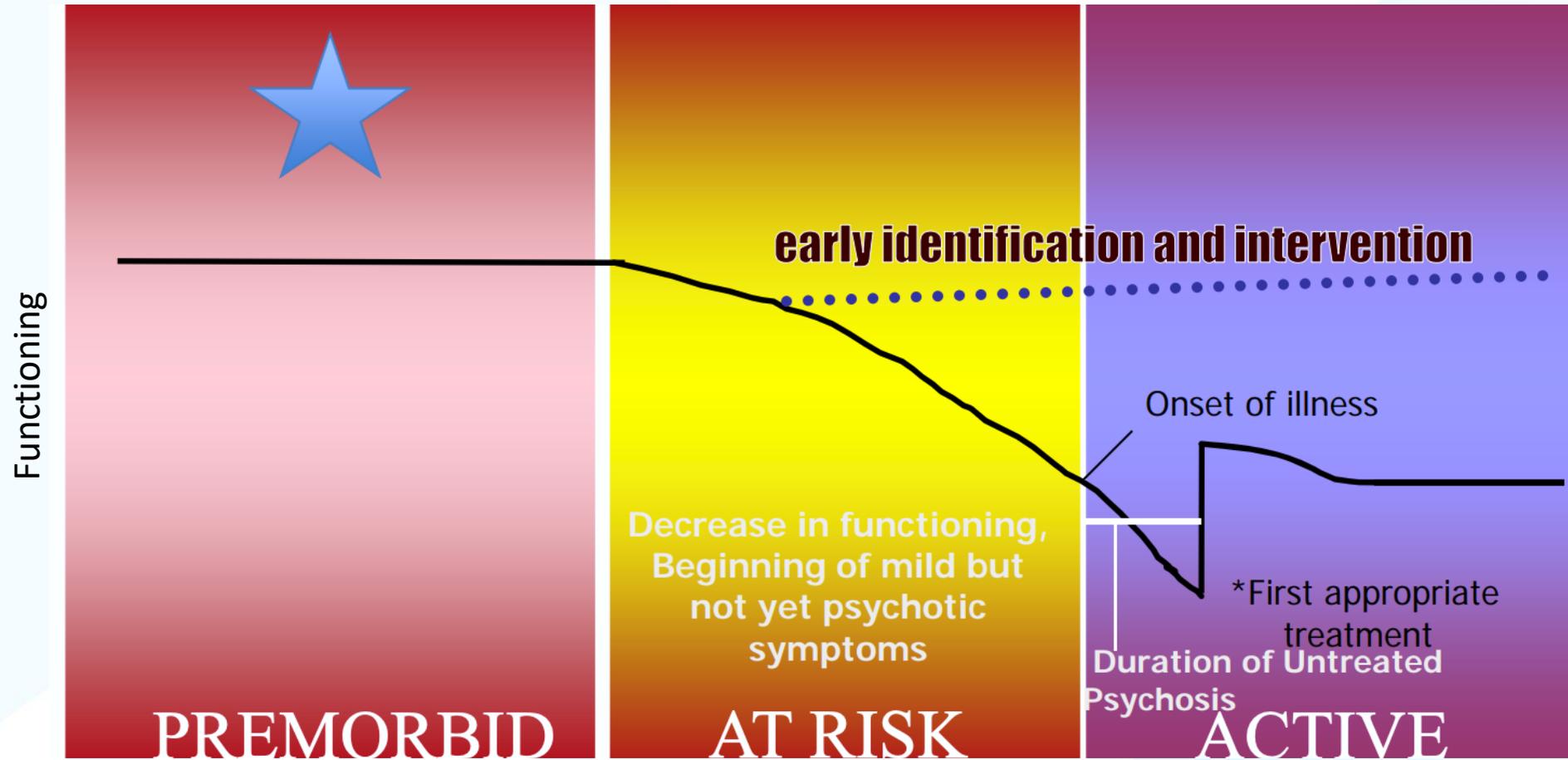
The Tobacco, Alcohol, Prescription medication, and other Substance use tool is a two-part, 5-31 item measure of substance misuse. The TAPS is shown to users who indicate they are 21 years old or older.

Part I is a 5-item screener that asks the user if they have used any of the following substances in the past 12 months: tobacco or other nicotine delivery product, alcohol, drugs (marijuana, cocaine or crack, heroin, meth, hallucinogens, ecstasy/MDMA), prescription medications, or other illegal or recreational drugs (Molly, LSD, mushrooms, etc.). Users who indicate they have used a substance in the past 12 months are then asked in Part II if they have used the same substance in the past 3 months. Users who indicate they have used the substance in the past 3 months are then asked to complete additional items that assess problem use and risk level of a substance use disorder. Users who have not used any substances in the past 12 months or 3 months will see a General Substance Use result with relevant resources. [See source here.](#)

Substance Misuse Measure for Under 21 (CRAFT 2.1+N)

The CRAFT 2.1+N is a two part, 4-20 item measure of substance misuse that is validated for ages 12-21, but has been used in studies with participants up to 25 years old. The CRAFT is shown to users who indicate they are 20 years old or younger. CRAFT is an acronym: Car, Relax, Alone, Forget, Friends, Trouble while the +N represents the addition of items related to nicotine and tobacco use.

Phases of Psychosis



Your psychosis symptom level



Based on your answers, you've had some symptoms that are similar to psychosis in the past 12 months. People who live with psychosis may experience the world around them differently than other people. For example, they may believe things that no one else seems to understand or agree with. They may hear, feel, smell, or see things that others can't. These types of symptoms also often come with feelings of fear, anxiety, or depression.

Experiencing these things does not necessarily mean that you have a mental health condition. Sometimes we may have experiences like this when we are using drugs or alcohol, are having a spiritual moment, or have recently gone through a traumatic life event. Talking to a professional is the only way to find out if you have a mental health condition.

We strongly recommend that you talk to a professional about your symptoms to get support. Scroll to the top of the page to learn how you can talk with someone who can help from the Monterey County Behavioral Health ACCESS program. Other things you can do to help include regularly connecting with people who care about you, avoiding drugs and alcohol, and keeping a routine for eating, sleeping and exercising.



Local Psychosis Help



Online Psychosis Info



 Service 

**The Village Project, Inc.
Mental Health Services**



 Service 

**Monterey County Behavioral
Health Adult & Youth Crisis
Intervention 24-hour...**



 Service 

**Suicide Prevention Service of
the Central Coast**

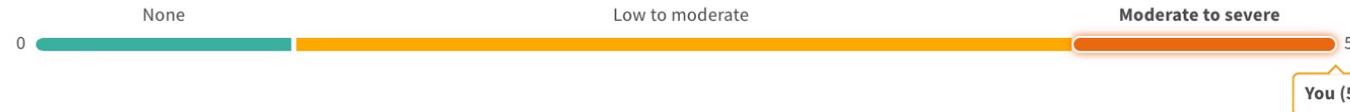


 Service  

**Family Service Agency of the
Central Coast Counseling for
Adults & Seniors**

Accepts Medicare

Your PTSD symptom level



- Based on your answers, it seems that a traumatic experience that you faced has negatively impacted your mood in major ways over the past month.
- Post Traumatic Stress Disorder (PTSD) sometimes looks like:
 - Feeling scared, on guard, or alert all the time
 - Avoiding people, places and things related to the event
 - Being irritable or having angry outbursts
 - Feeling detached from people, activities, or your surroundings
- Experiencing these symptoms does not necessarily mean that you have PTSD. PTSD is a mental health condition that can develop after a stressful life event. You may have experienced the event yourself or only witnessed it. No matter how much time has passed, trauma symptoms can still come up.
- Speaking to a professional is one of the best things you can do to help with these feelings. Scroll to the top of the page to find information on how to talk with someone who can help you from the Monterey County Behavioral Health ACCESS program. Some other things that might help include writing or journaling, connecting with your spiritual beliefs, and mindfulness or breathing exercises.



Local Trauma Support



Abuse & Neglect Hotlines



Online Trauma Help



Service

Family Service Agency of the
Central Coast Survivors
Healing Center & Support...



Service

The Village Project, Inc.
Mental Health Services



Service

Community Human Services
Casa de Noche Buena



community
human services
hope. help. here.

Service

Community Human Services
Domestic Violence Offender
& Anger Management...

Your prescription medication use risk level



You (3)

Based on your answers, your prescription medication use in the past 3 months puts you at high risk for dangerous substance use.

- Be aware of any physical signs that your substance use may be harmful to you, such as:
 - Confusion
 - Paranoia
 - Dizziness
 - Rapid heart beat
 - Slowed breathing

You may also have other symptoms depending on which medication you are using.

We strongly recommend talking to a professional to get the help you need. Scroll to the top of the page for a list of Monterey County substance use treatment providers. These organizations offer a variety of substance use treatments because different methods work for different people. If you have a primary care doctor, you can also contact them for support.

Remember: You can get rid of any extra or expired medications at any Monterey County Behavioral Health ACCESS location.



Outpatient Programs



Residential Treatment



Opioid Use



Treatment Options for Substance Use Disorders



Service

Community Human Services Sonoma House



Service

Sun Street Centers Women's Residential Substance Use & Perinatal Program

— MONTEREY —
Sober Living
FOR WOMEN

Service

Monterey Sober Living - The Nest

community human services
hope. help. here.

Service

Community Human Services D.A.I.S.Y.



Your postpartum depression symptom level



Based on your responses, it seems that you have experienced some moderate to severe pregnancy-related depression symptoms in the past 7 days.

- Perinatal or postpartum depression sometimes looks like:
 - Sad, anxious, or “empty” mood
 - Trouble concentrating, remembering, or making decisions
 - Lack of interest in your baby or feeling anxious around your baby
 - Thoughts of harming yourself or the baby

Experiencing these things does not necessarily mean that you have postpartum depression. Over 50% of pregnant people experience mood problems during or after their pregnancy. We recommend speaking with a professional. They can help you understand and treat these symptoms.

Scroll to the top of the page to find information on how to talk with someone who can help you from the Monterey County Behavioral Health ACCESS program. Some other things that can help include: connecting with supportive people (such as friends, family, or other parents), eating healthily, and making time for rest.



Local Postpartum Support



Postpartum Depression: Personal stories



Online Postpartum Help



Service

Parenting Connection Maternal Mental Health Warmline



Service

Parenting Connection Play, Education, and Support Groups



Service

Harmony at Home Teen Success Inc.
Matches for Women



Service

Door to Hope MCSTART



MONTEREY COUNTY BEHAVIORAL HEALTH
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What are you looking for [Search]

Need Help Now

Monterey County Resources

WellScreen FAQs

Scott

< User View

Clinical Results View

Results Code:

QXG9NN

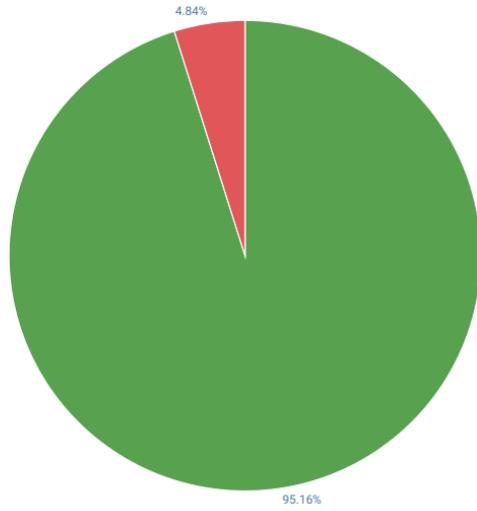
[UPDATE](#)

[Download PDF](#)

AREA OF FOCUS	SCORE	NEED FOR REFERRAL	RESPONSES
Postpartum depression symptoms	14 of 30	Moderate to severe	View
PTSD symptoms	5 of 5	Moderate to severe	View
Anxiety symptoms	10 of 21	Moderate	View
Substance use risk - Alcohol	2 of 3	Moderate	View
Depression symptoms	9 of 27	Mild	View
Bipolar symptoms	20 of 49	None to mild	View
Psychosis symptoms	4 of 64	None to mild	View
Eating disorders symptoms	0 of 5	None to mild	View
Substance use risk - Prescription medications	0 of 3	No recent use	View

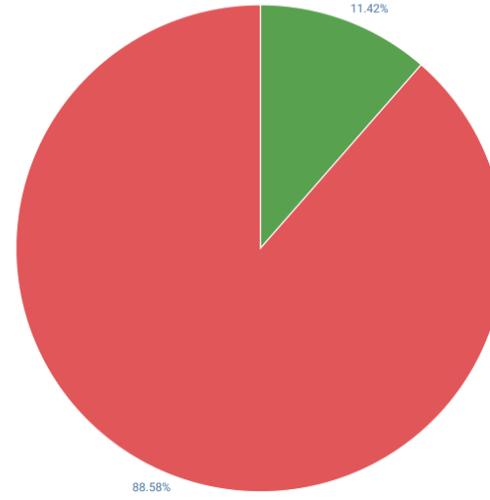
Percentage Breakdowns

Psychosis



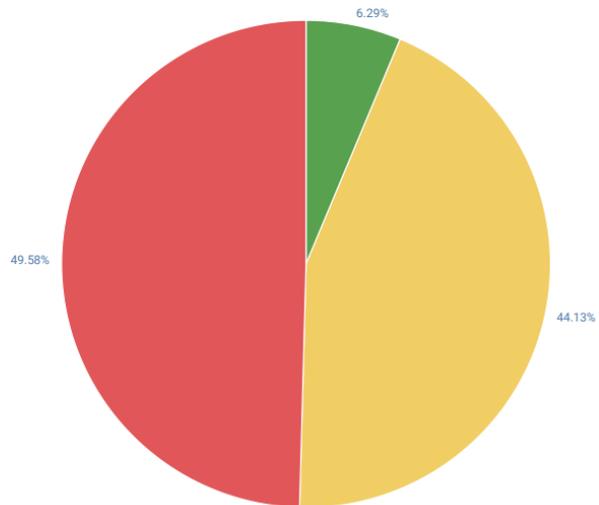
Psychosis
■ None to mild
■ Moderate to severe

Postpartum Depression



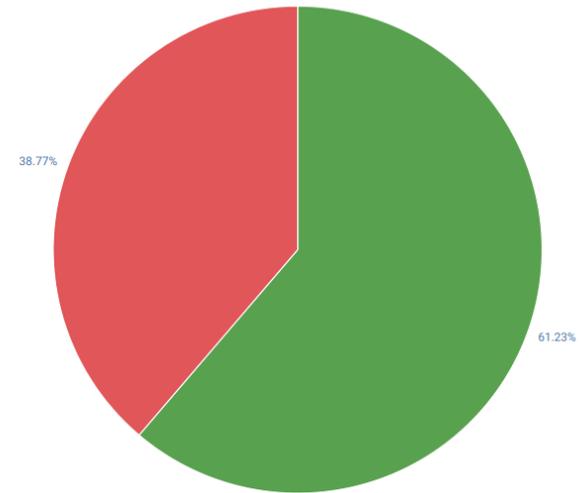
Postpartum Depression
■ None to mild
■ Moderate to severe

PTSD



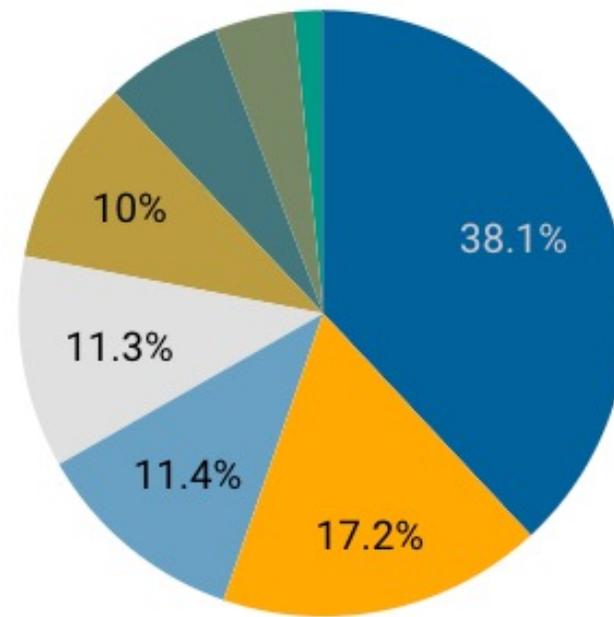
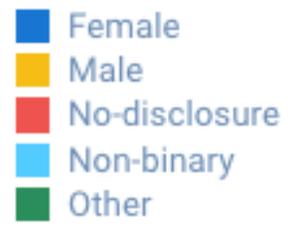
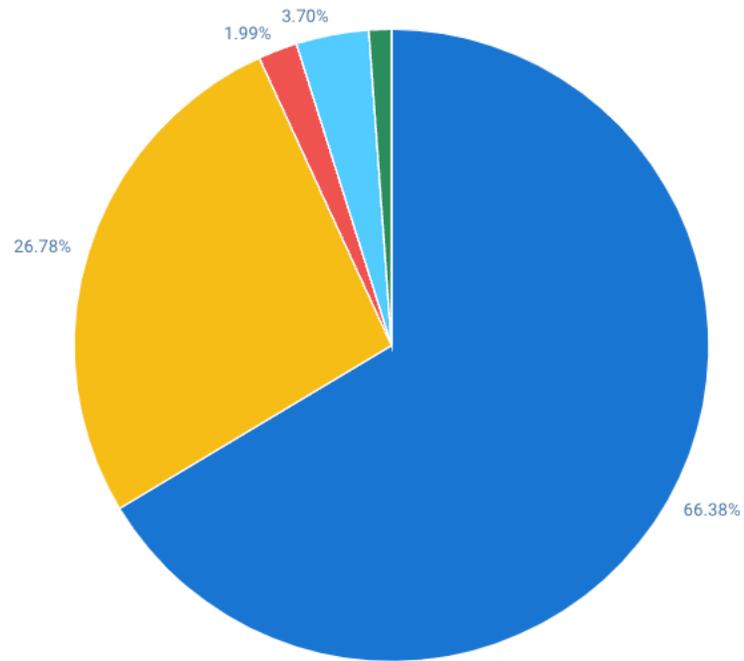
PTSD
■ None
■ Low to moderate
■ Moderate to severe

Bipolar



Bipolar
■ None to mild
■ Moderate to severe

Gender



For More Information Contact:

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Senior Director

CredibleMind

scott@crediblemind.com

404-721-5964