



PUBLIC HEALTH

Danielle Pettit-Majewski, Director

PRESS RELEASE

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CredibleMind Updates

Iowa City, Iowa- September 1, 2026 — Johnson County Public Health (JCPH) is excited to announce the launch of the updated CredibleMind website. CredibleMind is Johnson Counties online platform that provides evidence-based resources on over 200 mental health and well-being topics, including expert rated articles, assessments, personalized recommendations and more. The online platform is available 24/7 in both English and Spanish and can be accessed confidentially by anyone. If you are looking for resources on stress, anxiety, relationships, parenting, and more, CredibleMind has what you are looking for to support your mental well-being.

Everyone who creates a free CredibleMind account and completes the “Is Your Mental Health Flourishing?” assessment within the first three weeks of launching (September 1st – September 22nd) will be entered into a \$50 gift card drawing sponsored by CredibleMind. When creating an account, all private information will remain confidential.

To learn more about CredibleMind, visit: healthyjoco.crediblemind.com

With the launch of the updated website, JCPH will also be holding a CredibleMind sticker contest. Residents of all ages are invited to submit an original design that reflects themes of mental health and well-being. The goal of this contest is to inspire positive conversations about mental health through the use of the CredibleMind tool.

One winning design from each age group will be selected. Winning stickers will be printed and distributed throughout Johnson County to help promote mental health awareness and CredibleMind.

To learn more about the sticker contest, visit healthyjoco.com **OR**

[Check out the sticker contest rules here.](#)

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