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For Immediate Release

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May is Mental Health Month: Prioritizing Self-Care with Support from CredibleMind

In recognition of Mental Health Month this May, Southwest Nebraska Public Health Department (SWNPHD) is emphasizing the importance of self-care as a foundation for emotional well-being—and highlighting CredibleMind as a trusted, evidence-based platform to help individuals take charge of their mental health.

With rising rates of stress, anxiety, and burnout, self-care is no longer optional, it's essential. Self-care includes a wide range of practices, from setting healthy boundaries and maintaining social connections to practicing mindfulness and seeking professional support. This year's Mental Health Month theme, **"Prioritize You,"** encourages people to make mental wellness a daily habit.

"Self-care starts with self-awareness," said Kay Schmidt, Emergency Response Coordinator with SWNPHD. "That's why we're excited to partner with **CredibleMind**, a free and confidential online platform that helps people explore their mental health and discover personalized tools, articles, videos, and professional guidance."

CredibleMind offers over 10,000 expert-vetted resources across topics like stress, anxiety, sleep, relationships, and personal growth. Users can take self-assessments, learn about coping strategies, and find recommendations tailored to their unique needs—all from a single, accessible hub.

Throughout May, SWNPHD will focus on a variety of topics and resources, including self-care, assessments, guided practices, and webinars series, to empower our community to invest in their mental wellness.

Mental Health Month, first observed in 1949, continues to raise awareness and reduce stigma around mental health. "This year, we invite everyone to take that first step by visiting our website swhealth.crediblemind.com and exploring the many ways you can support your own mental health journey," continued Schmidt.

For more information about mental health resources talk to your mental health provider or contact SWNPHD at 308-345-4223. Southwest Nebraska Public Health Department serves Chase, Dundy, Frontier, Furnas, Hayes, Hitchcock, Keith, Perkins, and Red Willow counties. You can follow SWNPHD on Facebook, YouTube, and Instagram or view the website at www.swhealth.ne.gov which contains many resources and additional information helpful to prevent disease, promote and protect health.

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