

Panhandle

Public Health District

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Free Mental Health and Wellbeing Resource Gets a Fresh New Look

Panhandle Public Health District (PPHD) is excited to announce a refreshed CredibleMind experience for residents across the Nebraska Panhandle. Available free of charge, CredibleMind provides access to thousands of trusted mental health and wellbeing resources, including articles, videos, podcasts, self-assessments, and local support information.

The redesigned platform offers a cleaner look, improved navigation, enhanced accessibility features, and a more personalized experience, making it easier for users to find information and tools that support their mental health and overall wellbeing. Whether individuals are looking for resources related to stress, anxiety, depression, sleep, resilience, caregiving, relationships, or general wellness, CredibleMind provides evidence-based information from trusted sources in an easy-to-use format.

"At PPHD, we believe everyone should have access to reliable mental health information and support," said Tabi Prochazka, Assistance Health Director at Panhandle Public Health District. "The redesigned CredibleMind platform offers a more welcoming and user-friendly experience while continuing to provide free, evidence-based resources that help support wellbeing across our communities."

Since launching CredibleMind, PPHD has used the platform to help connect community members with accessible mental health and wellness resources. The updated design reflects a continued commitment to making those resources easier to find, understand, and use. The refreshed experience was built with accessibility, simplicity, and trust in mind, helping individuals quickly explore topics of interest and discover tools that meet their unique needs.

"We know that finding the right information can sometimes feel overwhelming," said Prochazka. "The updated platform makes it easier for people to explore resources, build coping skills, and take meaningful steps toward improving their wellbeing."

Panhandle residents can access the free platform at pphd.crediblemind.com and explore a wide range of mental health and wellbeing topics from any computer, tablet, or smartphone.



For additional information call Berosek at 308-279-3496 or email nberosek@pphd.ne.gov.

Panhandle Public Health District is working together to improve the health, safety and quality of life for all who live, learn, work and play in the Panhandle. Our vision is that we are a healthier and safer Panhandle community.

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