

TAKE

10 Minutes A Day

For Your Mental Wellbeing

[TakeTen815.CredibleMind.com](https://www.TakeTen815.CredibleMind.com)

A Free Website With Self-Care Tools

For Everyone To Improve Their Mental Wellbeing



NOW AVAILABLE FOR WINNEBAGO COUNTY RESIDENTS

200+ Topics To Explore · Self-Assessments · Guided Discovery Tools

Credible, Trusted, Evidence-Based
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Winnebago County

Health Department