

# 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 Resources Brought To You By:



Winnebago County  
**Health Department**