



CredibleMind Youth: Mental Wellbeing Resources Built for Young People

Find youth-focused resources and support to help manage and understand life's common challenges



Helping Young People Navigate Life's Challenges

Our new Youth Landing Page unites content built specifically for ages 13–18, supporting young people at a pivotal moment when guidance, clarity, and confidence matter most.

- Assessments to understand individual wellbeing
- Articles for real-life challenges
- Videos and podcasts on stress, relationships & identity, and more
- Quick tips & wellness tools

A safe, accessible starting point for young people to learn, grow, and feel supported.

CredibleMind covers over 100 topics including:

- Anxiety & Young Adults
- Depression & Young Adults
- Health Social Media Use
- Friendship and Social Support
- Body Image
- Bullying
- Self Injury
- Kindness