

IT'S OK TO NOT BE OK

CredibleMind, Owensboro Health and RiverValley Behavioral Health are here to help!

Owensboro Health

CredibleMind

rvbh rivervalley behavioral health

Want tools to help manage what life throws at you? Not sure what that "something-just-isn't right" feeling is? Wondering how you can feel more engaged in your relationships and your community?

CredibleMind is here with thousands of videos, podcasts, apps, books and online tools covering over 200 topics. Vetted by a team of experts you can trust and know that these resources work.

Funded by the Owensboro Health Foundation.

HealthyMind.CredibleMind.com