

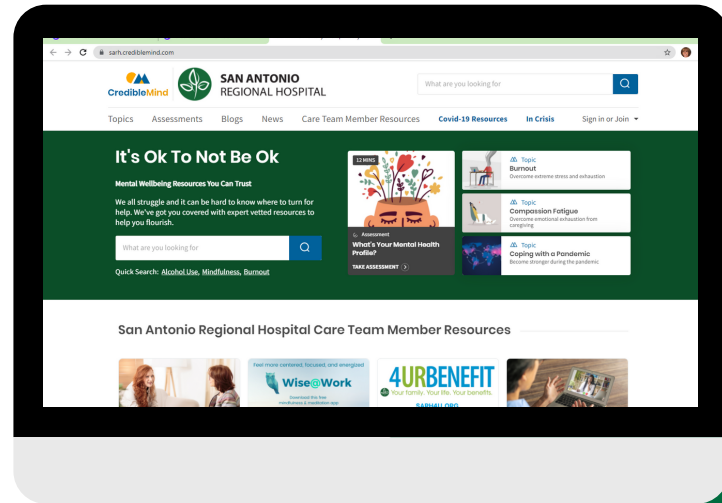
Introducing...



CredibleMind

Online Mental Health Resources

San Antonio Regional Hospital has partnered with **CredibleMind** to help support the mental health and wellbeing of our care team members (employees, physicians, volunteers) and their loved ones.



Explore hundreds of mental health topics gathered all in one convenient online location.

Access over a dozen scientifically proven assessments to help you understand your own mental health.

Utilize the thousands of recommended resources (apps, podcasts, books, articles) to support your needs and provide you with tools to thrive.

Visit sarh.crediblemind.com, scan the QR code here, or find the CredibleMind quick link on the SARH intranet to start feeling better today.



*Always
Free and Confidential*



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REGIONAL HOSPITAL**

4URHEALTH
Do it for you.