ITS OK TO NOT BE OK

The San Francisco Health **Service System** and CredibleMind are here to help.

ALWAYS FREE ALWAYS CONFIDENTIAL

Learn new skills, understand your own mental health, take a mental health assessment and browse our library of thousands of self-help mental well-being resources covering over 200 topics.

Find the right resources for you.

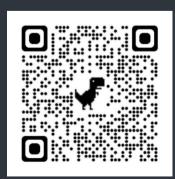
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