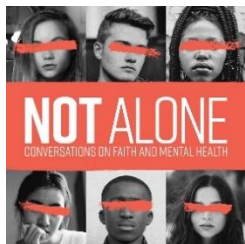


Podcast Recommendations



Not Alone: Conversations on Faith and Mental Health

Weekly conversations on faith, mental health issues, and where the church can be of service to those in need. Our hosts are Michael McCord, the Director of the UMCommission, Evan DeYoung, a campus minister, and Lindsay Geist, a licensed clinical social worker.



Mental Health America presents In the Open

Join Mental Health America as we have open conversations about mental health. We're a group of people who want to change the way our communities talk about mental health. On this podcast, we share our lives, fight in the open, and work together to just figure things out.



Everything Happens with Kate Bowler

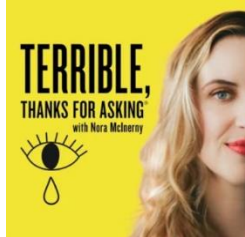
Life isn't always bright and shiny, as Kate Bowler knows. Kate is a young mother, writer and professor who, at age 35, was suddenly diagnosed with Stage IV cancer. In, warm, insightful, often funny conversations, Kate talks with people about what they've learned in dark times. Kate teaches at Duke Divinity School and is author of "Everything Happens for a Reason (And Other Lies I've Loved)."



Unlocking Us with Brené Brown

I've spent over 20 years studying the emotions and experiences that bring meaning and purpose to our lives, and if there's one thing I've learned it's this: We are hardwired for connection, and connecting requires courage, vulnerability, and conversation. I want this to be a podcast that's real, unpolished, honest, and reflects both the magic and the messiness of what it means to be human. Episodes will include conversations with the people who are teaching me, challenging me, confusing me, or maybe even ticking me off a little. I'll also have direct conversations with you about what I'm learning from new research, and we'll do some episodes dedicated to answering your questions. We don't have to do life alone. We were never meant to.

Podcast Recommendations



Terrible, Thanks for Asking with Nora McInerney

You know how when someone asks, "How are you?" you just say "Fine," even if you're totally dying inside, so everyone can go about their day?

"Terrible, Thanks For Asking" is the opposite of that. Nora McInerney asks real people to share their complicated and honest feelings about how they really are. It's sometimes sad, sometimes funny, and often both.



Mental – The Podcast to Destigmatise Mental Health

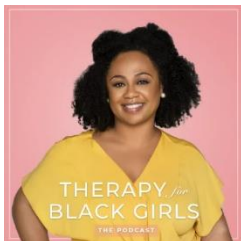
Mental was created by Bobby Temps to break down mental health stigma and discrimination. Joined by special guests, the podcast is a safe space to hear honest and insightful mental health interviews in the hope listeners will feel more empowered to continue the conversation with others. Each Thursday with co-host Danielle Hogan we delve into a factor in mental health and how to better manage it. You'll also better understand different conditions from first-hand experience, with inspiring guests and surprising statistics.



Not Another Anxiety Show

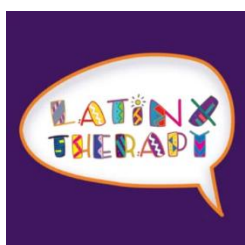
A podcast for all: from the always anxious to the occasionally overwhelmed to the painfully panicked. Join your host Kelli Walker – registered nurse, Certified Health and Wellness Coach, and former agoraphobe – on an anxiety adventure. Learn what anxiety really is, why the best of us can get caught in its web, and how to move past its sticky grip. Casual conversations with Kelli and other experts will include more than reciting daily affirmations or following "five simple steps" to overcome anxiety. Instead, you'll get practical tips, resources, and guidance while gaining a down-to-earth and deeper understanding of what it means to be human – an easily overlooked part of truly moving past anxiety. No experience in deep breathing, chakra alignment, or pescetarianism required. Listen in for a good laugh and start feeling a little more human today.

Podcast Recommendations



Therapy for Black Girls

The Therapy for Black Girls Podcast is a weekly chat about all things mental health, personal development, and all the small decisions we can make to become the best versions of ourselves.



Latinx Therapy

Break the stigma of mental health as it relates to the Latinx community. Learn self-help techniques, how to support ourselves or those around us that struggle with mental illnesses and create cultural competency for other providers working with the Latinx population.



Stories of Stigma: South Asian Mental Health

MannMukti.org is a one-stop resource for South Asians to learn about and address mental health concerns with each other. MannMukti translates to "mental liberation" in Hindi. Our mission is to encourage healthy, open dialogue of mental health issues in an effort to remove stigma, improve awareness and promote self-care. Together, let's #SpeakUp