MENTAL HEALTH RESOURCES
Find what YOU need.

GRIEF
- Online Resources: supportwithgrief.com; Healing with David Kessler Podcast
- Books: A Grace Disguised: How the Soul Grows Through Loss; Resilient Grieving, I Wasn’t Ready To Say Goodbye; Finding Meaning: The Sixth Stage of Grief
- Community Support: griefshare.org/countries/us/states/az/cities/phoenix

BODY IMAGE
- Online Resources: adiosbarbie.com/category/body-image-self/; joon.com/resources/body-image; shesallfatpod.com/
- Books: The Body Betrayed; Father Hunger; Intuitive Eating; Mothers, The Body Positivity Card Deck; The Body is Not an Apology

SELF-WORTH
- Online Resources: Dare to Lead Podcast; Unlocking Us Podcast;
- Books: Atlas of the Heart; I Thought it was Just Me But It Isn’t; The Happiness Project; The Four Agreements; Loveable

ANXIETY AND DEPRESSION
- Online Resources: The Anxious Therapist Podcast; Feeling Good Podcast; The SelfWork Podcast; The Anxiety and Depression Association of America
- Books/Movies: The Happiness Trap; DARE; On the Edge of Darkness; Moving Beyond Depression: A Whole-Person Approach to Healing; The Anxiety Cure

APPS

Meditation: Insight Timer, Calm, Headspace, Aura
Depression: Depression CBT Self-Help Guide, Calm Harm, Sanvello
Anxiety: Breathe2Relax, Panic Relief, What’s Up?
Habit Improvement: Fabulous, HabitBull, Strides
Journaling: Day One, Diaro, Journey
Mindfulness: Happier, The Mindfulness App
General: Finch, ACT Companion