

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