



Mental Health Awareness Month

Mental Health & Wellness Media Resources

Mental Health Awareness Month is a time to honor the courage it takes to seek help, speak up, and support one another. This resource guide from the **Women in Insurance Initiative** brings together a thoughtful collection of podcasts, blogs, and wellness resources that educate and empower. Each resource is a reminder that mental health and wellness matters, and not just in the month of May.

Mental Health Podcasts



[The SelfWork Podcast](#)

Dr. Maragaret Rutherford

Focuses on depression, anxiety, self-esteem, and trauma with a licensed psychologist's perspective.



[Unlocking Us](#)

Brené Brown

Conversations on vulnerability, shame, and wholehearted living.



[The Happiness Lab](#)

Dr. Laurie Santos

Based on Yale's popular psychology course on happiness, full of actionable tools.



[The Hey Girl Podcast](#)

Alex Elle

A gentle, intimate podcast centered around self-care and storytelling from women of all walks of life.



[The Mel Robbins Podcast](#)

Mel Robbins

Podcast focused on self-help, motivation, and behavior change with relatable stories, science-backed tools and deeply personal narratives that inspire listeners, especially women.



[Latinx Therapy](#)

Resource for breaking the stigma around mental health in the Latinx community by exploring culturally relevant topics like generational trauma, mental health barriers, self-care, and personal growth.



[Therapy for Black Girls](#)

Award winning podcast with weekly chats about all things mental health and personal development tailored specifically for black women.

Mental Health Blogs



[National Alliance on Mental Illness \(NAMI\)](#)

Regular blog posts and resources tailored to women's mental health challenges.



[Tiny Buddha](#)

Practical mental health wisdom on anxiety, self-love, relationships, and growth.



[The Everygirl](#)

Topics include mental health, burnout, boundaries, and lifestyle advice tailored to modern women.

Mental Health Youtube Channels



[Kati Morton](#)

Licensed therapist who posts approachable videos on anxiety, depression, trauma, boundaries, and more.



[The School of Life](#)

Psychologically-informed videos on self-understanding, emotional intelligence, and relationships.



[Therapy in a Nutshell](#)

Easy-to-digest, expert mental health education from a licensed counselor.

Mental Health Communities



[Project55](#)

Community that empowers both individuals and organizations to proactively improve mental health outcomes in the workplace.

Wellness Podcasts



[Feel Better, Live More](#)

Dr. Rangan Chatterjee

Broad topics on mental, emotional, and physical wellness with actionable tips and expert guests.



[The Mindful Kind](#)

Rachael Kable

Bite-sized episodes that teach mindfulness strategies for stress, self-worth, and everyday calm.

Wellness Blogs & Communities



[Well + Good](#)

Covers mental health, fitness, nutrition, clean beauty, and wellness culture—all with a female lens.



[MindBodyGreen](#)

Holistic health and well-being content, including sleep, movement, relationships, and supplements.



[The Good Trade](#)

A daily lifestyle blog covering slow living, self-care, mental wellness, and sustainable routines.



[Shondaland](#)

Wellness with a narrative, inclusive focus—mental health, rituals, healing, and empowerment.



[The Lyons' Share](#)

Helps people achieve their healthiest and happiest selves by finding the balance of nutrition, fitness, supplements, and lifestyle interventions that works for their unique body.

Wellness YouTube Channels



[Yoga with Adriene](#)

Free yoga and mindfulness practices for all levels, including stress relief, self-love, and emotional balance.



[Pick Up Limes](#)

Calming, beautifully crafted videos on plant-based nutrition, minimalism, self-care, and intentional living.



[Breethe Meditation](#)

Guided meditations and calming practices for anxiety, sleep, and emotional health (also an app, but there are many free meditations on YouTube).

