



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

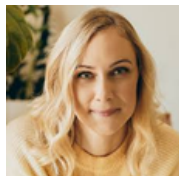
Practical mental health wisdom on anxiety, self-love, relationships, and growth.



The Everygirl

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

Mental Health Youtube Channels



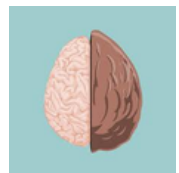
Kati Morton

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).

