

Podcasts

NHS Choices Wellbeing Podcasts

The NHS Choices Website has a series of 8 Wellbeing Podcasts that you can download and listen to. They are designed to help with ways to improve low mood and anxiety.

<https://www.mindcharity.co.uk/advice-information/how-to-look-after-your-mental-health/nhs-choices-moodzone-podcasts/>

Mental Health Foundation

Practical podcasts and informative videos to give you information about mental health and to help you to look after your mental health.

<https://www.mentalhealth.org.uk/podcasts-and-videos>

Good Grief Journal

A selection of podcasts on grief, featuring stories, interviews, darkly comic slants and practical advice.

<https://goodgrieffest.com/good-grief-10-best-podcasts-on-grief/>

Let's Talk About CBT

Podcasts about cognitive behavioural therapy (CBT): what it is, what it's not and how it can be useful. A mix of interviews, myth-busting and CBT jargon explained.

<https://letstalkaboutcbt.libsyn.com/>

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