

# Choice Peer-to-Peer Recommended Mental Health Resources

## **Books**

- Rewire Your Anxious Brain: Elizabeth Karle and Catherine Puttman
- Anxiety Happens: 52 Ways to Find Peace of Mind: John P. Forsyth PhD & Georg H. Eifert PhD
- Get Out of Your Head: Jennie Allen
- Control Your Mind and Master Your Feelings: Eric Robertson
- It's Not Supposed to Be This Way: Lysa TerKeurst
- The Power of Letting Go: John Purkiss
- How to Talk to Anyone: Leil Lowndes
- The Way of the Seal: Mark Divine and Allyson Edelhertz Machate
- Shaken: Tim Tebow
- Adult Coloring Book: Nitin Mistry
- Mental Health Moments; Danni Andrew
  
- The Daily Stoic: Ryan Holiday
- The Obstacle is the Way: Ryan Holiday
- Extreme Ownership: Jocko Willink
- Mindset: Carol Dweck
- Lying: Sam Harris
- Lessons on Life: Jim Rohn
- How to Win Friends and Influence People: Dale Carnegie

## **Podcasts**

- Happy Place: Fearne Cotton
- The Minimalists: Joshua Fields Millburn and Ryan Nicodemus
- Mad World: Bryony Gordon
- Mentally Yours: Yvette Caster and Ellen Scott
- The Struggle Bus: Katharine Heller and Sally Tamarkin
- The Hilarious World of Depression: John Moe
- Happier: Gretchen Rubin and Elizabeth Craft
- The Mental Illness Happy Hour: Paul Gilmartin
- Ten Percent Happier: Dan Harris
- Forever35: Kate Spencer and Doree Shafrir
- By the Book: Kristen Meinzer and Jolenta Greenberg
- The Hardcore Self Help: Robert Duff
- Habits for Happiness: Dr. Tim Sharp
- Unlocking Us: Brene Brown
- Tremendous Upside: Chamique Holdsclaw
- Feel Better, Live More: Dr. Rangan Chatterjee
- Chasing Excellence: Ben Bergeron
- The Tim Ferriss Show: Tim Ferriss
- Mental- The Podcast to Destigmatise Mental Health: Bobby Temps and Audiboom
- Emotional Technology – A Mental Health Podcast: Anthony Hayes

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## Articles

- **Let's Talk About It:** <https://www.mentalhealth.gov/talk/people-mental-health-problems>
- **How Can You Find a Therapist:** <https://www.healthline.com/health/mental-health-resources#finding-therapy>
- **Understanding Mental Illness:** [https://bringchange2mind.org/learn?gclid=CjwKCAiA-\\_L9BRBQEiwA-bm5fs-G2DhEfLJqGvMBK111aNJMHRRy88rH\\_hccA7Y\\_DCW1x-jq9MSNvRoCb8UQAvD\\_BwE](https://bringchange2mind.org/learn?gclid=CjwKCAiA-_L9BRBQEiwA-bm5fs-G2DhEfLJqGvMBK111aNJMHRRy88rH_hccA7Y_DCW1x-jq9MSNvRoCb8UQAvD_BwE)
- **This is My Brave, Stories of Inspiration:** [https://thisismybrave.org/?gclid=CjwKCAiA-\\_L9BRBQEiwA-bm5fpYsUdTLOQ22R8Um7Nwyf\\_wde0SCeKN6DpU1XaZTnyJIMtPvklpydhoC6e4QAvD\\_BwE](https://thisismybrave.org/?gclid=CjwKCAiA-_L9BRBQEiwA-bm5fpYsUdTLOQ22R8Um7Nwyf_wde0SCeKN6DpU1XaZTnyJIMtPvklpydhoC6e4QAvD_BwE)
- **Corona Virus: The Possible Long-Term Mental Health Impacts:** <https://www.bbc.com/worklife/article/20201021-coronavirus-the-possible-long-term-mental-health-impacts>
- **Mental Health and Mental Illness are Not Opposites:** <https://www.psychologytoday.com/us/blog/insight-therapy/202011/mental-health-and-mental-illness-are-not-opposites>
- **6 Best Exercises for Mental Health:** <https://www.netdoctor.co.uk/healthy-living/mental-health/a28718/exercise-anxiety-depression/>
- **Health Experts Provide Advices on How to Improve Your Mental Health During the Pandemic:** <https://www.summitdaily.com/news/health-experts-provide-advice-on-how-to-improve-mental-health-during-the-pandemic/>
- **7 Foods to Improve Your Mental Health and Wellness:** <https://anzmh.asn.au/mental-health/foods-mental-health-wellness/>
- **8 Powerful Mental Health Habits from a Professional Psychologist:** <https://nickwignall.com/mental-health-habits/>
- **All About Mental Health:** <https://medlineplus.gov/mentalhealth.html>
- **Mental Illness Should Not be a Secret:** [https://www.nami.org/Blogs/NAMI-Blog/February-2020/Mental-Illness-Should-Not-Be-a-Secret?gclid=CjwKCAiA8Jf-BRB-EiwAWDtEGtJg1L3m0eljAw4YB6LJkOkDokOI1YJXLi-dm2H0dsA2qKFycK-6cRoC5ilQAvD\\_BwE](https://www.nami.org/Blogs/NAMI-Blog/February-2020/Mental-Illness-Should-Not-Be-a-Secret?gclid=CjwKCAiA8Jf-BRB-EiwAWDtEGtJg1L3m0eljAw4YB6LJkOkDokOI1YJXLi-dm2H0dsA2qKFycK-6cRoC5ilQAvD_BwE)

## Videos

- **Simple Yoga for a Better Life:** <https://www.youtube.com/watch?v=tsirEJLlk10>
- **We All Have Mental Health:** <https://www.youtube.com/watch?v=DxIDKZHW3-E>
- **Mental Health Tips During the Pandemic:** <https://www.youtube.com/watch?v=xwTXgLGUa9M>
- **How to Protect Your Mental Health During COVID-19:** <https://www.youtube.com/watch?v=yKKPGV4XGd4>

## Choice Peer-to-Peer Recommended Mental Health Resources

### **Apps**

- Suicide Prevention
  - My3
  - notOK
- General Mental Health Apps
  - What's Up
  - Mood Kit
- Addiction Apps
  - Twenty-Four Hours a Day
  - Quit That! – Habit Tracker
- Anxiety Apps
  - MindShift
  - Self Help for Anxiety Management (SAM)
  - CBT Thought Record Diary
  - Anxiety Reliever
  - AnxietyCoach
- BiPolar Disorder Apps
  - IMoodJournal
  - eMoods
- Depression Apps
  - Talkspace Online Therapy
  - Happify
  - MoodTools
- Eating Disorder Apps
  - Recovery Record
  - Rise Up and Recover
  - Lifesum
- Obsessive-Compulsive Apps
  - nOCD
  - Worry Watch
  - GG OCD
- PTSD Apps
  - PTSD Coach
  - Breath2Relax
  - CPT Coach
- Schizophrenia Apps
  - UCSF PRIME
  - Schizophrenia HealthStorylines
- Mindfulness and Mediation Apps
  - Calm
  - Headspace
  - Ten Percent Happier
  - Breathe2Relax
  - Happify
  - Headspace
  - iCBT
  - Sanvello