

PODCAST/STREAMING SUGGESTION LIST

for

EDUX 7913: Cultivating Mental Health

Podcast/Streaming Recommendations:

- [Students of Mind](#) Welcome to Students of Mind, the mental health podcast that aims to normalize conversations about and spread awareness around mental health. On this podcast, Jayde, the host, is just like you-- eager to learn more about the mind. Here, we learn together and provide you with clear, concise information backed up by real experts and survivors about all things mental health. Join us every other week for a deep dive into the world of mental health.
- [The Tea on Mental Health](#) Hitting topics A-Z on Mental Health. Everything from disorders to self care from a mental health counseling student.
- [Mind You](#) A mental health podcast that discusses it all self-care, boundaries, empowerment, emotions, grief, and everything in between. A safe space for your growth journey. Created by a clinical mental health counseling graduate student.
- [Scrambled: The Children's Mental Health Podcast](#) Anxiety, Depression, PTSD, Trauma: Children are impacted by all of these and more. Scrambled: The Children's Mental Health Podcast is here to normalize talking about mental health and provide listeners with psychoeducation about children's mental health. Hosted by a former television broadcaster and father alongside a therapist and mom, you will hear relatable discussion, learn about mental health, receive recommendations and tips, and enjoy guest interviews with families who have or are living with childhood mental health issues.
- [The Catch-Up on Kids Mental Health podcast](#) Hosted by Janet Morrison, this podcast showcases leading experts in children and adolescent mental health. Tune in to learn how to better support children who are struggling with mental health challenges and the everyday stresses of life.
- [Child Psych Podcast](#) Join Tammy Schamuhn and Tania Johnson- Psychologists, play therapists, and moms, as they interview the top parenting and children's mental health experts in the world. If you want a podcast that is designed to educate and inspire you with current research and concrete strategies to foster resiliency and healing, then this podcast is for you!
- [Mostly Mindful for Teens and Tweens](#) Each podcast explores one strategy or concepts to support teens build resiliency. Mindfulness is a superpower that can rewire the brain to boost joy and life satisfaction. This podcast will teach age-appropriate mindfulness strategies, based in self-compassion practice. Topics include meditation, mindfulness, dyslexia, ADHD, self-regulation, executive functioning, and teacher burn-out.