

# MENTAL HEALTH RESOURCES

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## PODCASTS

### **Brene Brown**

Spotify

<https://open.spotify.com/show/4P86ZzHf7EOIRG7do9LkKZ?si=Ai0OKAyFRi29ztR6v2u64w>

iTunes

<https://podcasts.apple.com/gb/podcast/bren%C3%A9-on-comparative-suffering-50-50-myth-settling/id1494350511?i=1000469683601>

### **Caroline Leaf**

Spotify

<https://open.spotify.com/show/7zPnnLDZA9qb8mwuvlxoZZ?si=bG8tPpbWTXCGak96PIIYRA>

iTunes

<https://podcasts.apple.com/us/podcast/cleaning-up-the-mental-mess-with-dr-caroline-leaf/id1334767397>

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## **WEBSITES & BLOGS**

### **The Lily Project**

<https://www.thelilyproject.com>

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## **VIDEOS**

### **Steven Furtick**

<https://www.youtube.com/watch?v=7INPJJpxkg4>