

# Best... mental health and wellbeing podcasts



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In this guide you will find a list of websites which provide the best mental wellbeing podcasts and audio guides: to help people who are feeling low, anxious or depressed.



For more podcasts to subscribe to visit:

- [Talk Space](#)
- [Blurt it Out](#)

## [1. NHS Mental wellbeing podcasts](#)

The NHS provides some of these best audio guides.

Some of the audio guides cover:

- Low mood and depression
- Anxiety control training
- Overcoming sleep problems
- Low confidence and assertiveness
- Unhelpful thinking

## [2. Mind](#)

Mind.org.uk provide a list of podcasts related to mental health and wellbeing from people who have had to live with mental health problems.

Some episodes include:

- Episode 1: Christina on depression
- Episode 2: Reka's experience of psychosis
- Episode 3: Siobhan on living with bipolar disorder
- Episode 4: Rachel and how she was treated by crisis services
- Episode 5: Faisal on his recovery from OCD
- Episode 6: Clarissa on living in a therapeutic community
- Episode 7: Bryony on coping with bipolar as a full time carer
- Episode 8: Sarah on her life living with seasonal affective disorder (SAD)
- Episode 9: Tim on managing his mood through food

## [3. Mental Health](#)

Mentalhealth.org.uk hosts a plethora of podcast interviews. Their regular podcast feature interviews with a number of interesting people involved in mental health, including people who have experienced mental health problems, campaigners and mental health experts.

## [4. Mood Café](#)

Mood Café promotes mental health through their podcasts.

Created by the Mental Health Foundation, some podcasts include:

- How to overcome fear and anxiety
- Stress and the mind: quick fix relaxation exercise
- Stress and the mind: full works
- Wellbeing and relaxation
- Stress and relaxation: quick fix breathing exercises
- Stress and relaxation: full works
- Wellbeing and sleep: full works
- What is mindfulness?
- Mindfulness: 10 minute practice exercise
- Wellbeing and nutrition

## [5. BBC Radio 4 - All in the Mind](#)

There are lots of podcasts available through the BBC Radio 4 website and we recommend listening to the 'How you can feel less lonely' series.

**This guide was last updated on 13/11/2018**

## Next steps

[Best ... healthy living and fitness apps](#)

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[Top ten apps for mental health and wellbeing](#)

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