



PODCASTS TO HELP YOUR MENTAL HEALTH OR ILLNESS



Mental Illness Happy Hour

interviewing comedians, artists, friends, and the occasional doctor. Each episode explores mental illness, trauma, addiction and negative thinking.



OMC Podcast

Oxford Mindfulness Centre releases podcasts about different types of self help, experiences with illness, and building resiliency.



Hardcore Self Help

Hosted by a psychologist, this podcast talks about everything from how to deal with anxiety and depression, to relationships, addiction, and LIFE in general