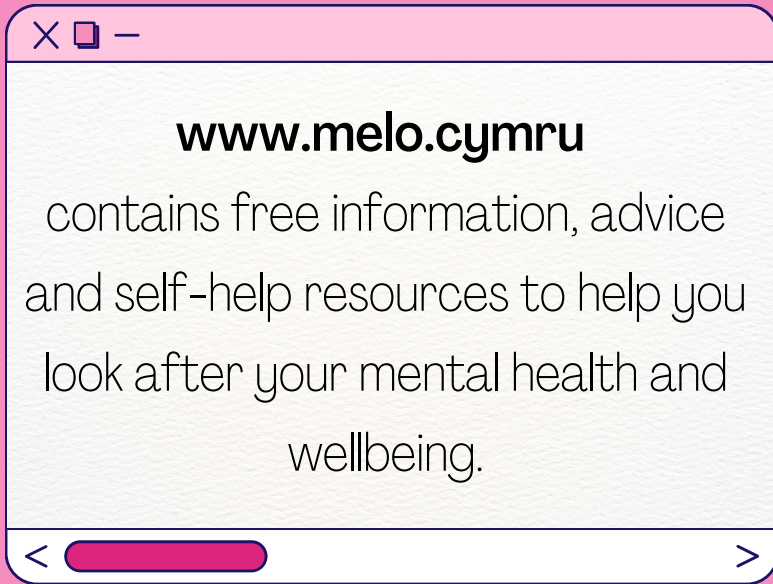


# Anxiety

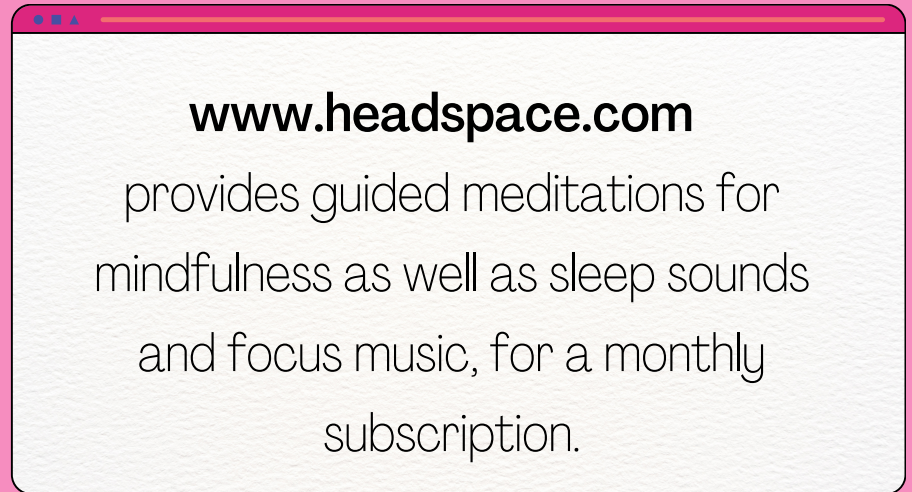


# Online Tools



**www.melo.cymru**

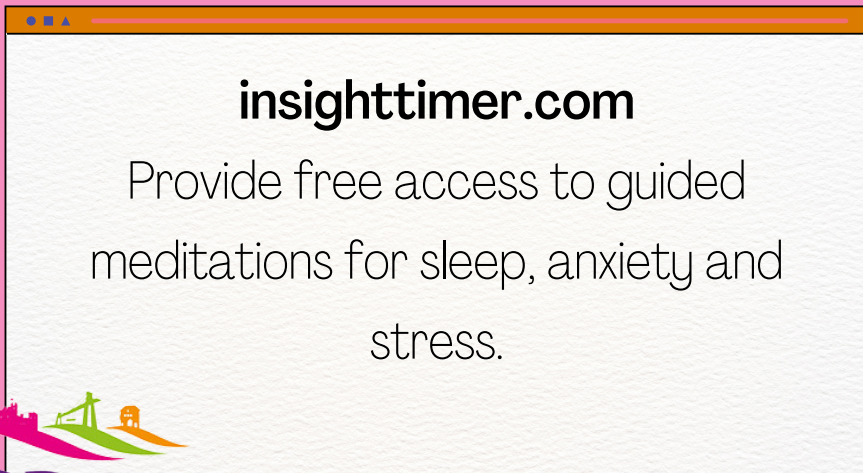
contains free information, advice and self-help resources to help you look after your mental health and wellbeing.



**www.headspace.com**

provides guided meditations for mindfulness as well as sleep sounds and focus music, for a monthly subscription.

# Websites & Apps



**insighttimer.com**

Provide free access to guided meditations for sleep, anxiety and stress.



**www.anxietyuk.org.uk**

offer support, advice and information on all anxiety, stress and anxiety-based depression conditions.



@AnxietyUK  
@AnxietyProblem  
@TheAnxietyLounge  
@SocialAnxiety  
@WorryWarriorAnxiety



@theanxietyhealer  
@doodledwellness  
@ablackfemaletherapist  
@innerglowtherapy  
@the.holistic.psychologist

# Social Media



@drjuliesmith  
@the.truth.doctor  
@dr.kojosarfo  
@micheline.maalouf  
@theshaniproject



@BlurtAlerts  
@Rethink\_  
@NoStigmas  
@Bell\_LetsTalk

**The Anxiety  
Podcast**

**The Anxiety  
Guy Podcast**

**The Hardcore  
Self help  
Podcast**



# **Podcasts**

**Anxious in  
Austin**

**The Calmer You  
Podcast**

**The  
Overwhelmed  
Brain  
Podcast**