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Innergiving Resources

Achieving More Together

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We imagine a future where mental health and emotional well-being inspire a global movement of empathy, growth, and collective care. A world where understanding and support are not exceptions but the norm.



Apps

Resources · Apps

[7 Cups](#) > Empowering every human to care for one another

7 Cups is an online emotional support platform that connects users with trained volunteer listeners and licensed therapists for anonymous, on-demand support. It provides free, confidential chat-based peer support, guided self-help programs, and professional counseling options to help individuals manage stress, anxiety, and other mental health challenges. The platform is designed to offer a safe space for people seeking emotional support and guidance.

[Ash by Slingshot AI](#) > The First AI Designed for Therapy

Ash by Slingshot AI · An innovative therapeutic companion—an AI designed to offer 24/7 support for stress, anxiety, relationship issues, or just a tough day. Trained on real-world therapy practices and guided by mental health experts, it remembers your responses and delivers personalized weekly insights to help you grow over time. With a confidential, judgment-free environment accessible via text or voice, Ash aims to support long-term emotional well-being and self-reflection.

[BeMe](#) > Where Teens & Youngs Adults Thrive

BeMe Health · A mental health and well-being app designed for teenagers and young adults. Founded in 2021, BeMe offers a safe space for users aged 13 to 19 to explore and manage their emotions through mood tracking, educational content, personalized coaching, and activities aimed at improving mental health.

[Blue Fever](#) > A place to feel seen, not be seen

Blue Fever is a social self-care app designed to support the emotional well-being of Gen Z users through anonymous, judgment-free spaces. It combines peer support with an empathetic AI companion named Blue, offering a safe environment for users to express themselves, share experiences, and receive guidance. The app features customizable journaling, mood tracking, and community interactions, all moderated to maintain a positive and inclusive atmosphere. Blue Fever aims to foster authentic connections and personal growth, providing a supportive alternative to traditional social media platforms.

[Brightn](#) > Personalized Mental Wellness Planning Made Easy

Brightn is an AI-powered mental wellness app designed to help users achieve balance in health, wealth, and purpose. It offers personalized weekly wellness plans, daily mood tracking, and AI-assisted journaling to support mental well-being. The app's features include Daily Essentials—activities like morning journaling and mood check-ins—and the Brightn Zone, which provides weekly assessments and tailored recommendations across the wellness pillars. Brightn aims to empower users to build meaningful habits and achieve a balanced, thriving life.

[Cerebral](#) > Mental health care built with you in mind

Cerebral is an online mental health platform that offers accessible, personalized care for conditions such as anxiety, depression, insomnia, ADHD, and PTSD. Through its mobile app, users can schedule video sessions with licensed therapists or prescribers, manage appointments, track prescriptions, and communicate with their care team via unlimited messaging. The app also facilitates regular mental health assessments to monitor progress over time. Cerebral emphasizes evidence-based treatment plans and provides medication delivery services in most states, making mental health support more convenient and user-friendly.

→ [Earkick](#) > Your Free Personal AI Therapist

Earkick is a free, AI-powered mental health companion app designed to help users track and improve their well-being in real time. It offers features such as mood, anxiety, and habit tracking, personalized insights, guided self-care sessions, and an AI chatbot named Panda for immediate support. Notably, Earkick emphasizes user privacy by requiring no registration or personal data, ensuring a secure and confidential experience.

→ [GiGi](#) > An ethical AI coach built to help you feel better, connect better, and live with more clarity

GiGi, the Ethical AI Coach, is a compassionate, values-driven guide designed to support personal and professional growth through ethical reflection, self-awareness, and conscious decision-making. With a grounding in emotional intelligence and moral integrity, GiGi helps individuals navigate challenges, align actions with core values, and lead with authenticity in a complex world.

→ [HearMe](#) > Be yourself. We'll listen.

HearMe is a mobile app offering 24/7, anonymous peer support through real-time text conversations with trained listeners who share similar lived experiences. Designed to combat loneliness and enhance emotional well-being, the app connects users within minutes to empathetic individuals trained in active listening and emotional support. Features include topic-based chats, post-session journaling, and access to community resources, all within a HIPAA-compliant and secure environment. HearMe serves as a non-clinical support platform, providing a safe space for users to feel heard and validated without judgment.

→ [JKZ](#) > Meditation App

The **JKZ Meditations App** is the official mindfulness app from Dr. Jon Kabat-Zinn, the pioneer behind Mindfulness-Based Stress Reduction (MBSR). It provides guided meditations from his Series 1, 2, and 3, along with complementary texts and videos drawn from his renowned books like *Mindfulness for Beginners* and *Mindfulness for Pain Relief*.

→ [MYND](#) > The First AI Built Solely for Personal Mental Wellness

MYND is an AI-powered mental health companion app designed to provide personalized support and resources for individuals seeking to enhance their mental well-being. Key features include tailored meditation sessions based on users' moods and experiences, a 24/7 AI companion named "Bestie" for empathetic conversations, and a wellness tracker to monitor mental health progress. The app emphasizes user privacy and inclusivity, offering a safe space for diverse users, including those from the LGBTQ+ community. MYND also integrates with devices like the Apple Watch to monitor physiological indicators and suggest timely stress-relief techniques.

→ [Promly](#) > Promly is For Connecting

Promly is a social networking app designed for Gen Z by Gen Z, aiming to foster genuine connections and provide holistic support for teenagers aged 13 to 19. The app offers features such as real-time heart rate monitoring using biofeedback to help manage anxiety and stress, opportunities to meet peers with shared interests through AI age recognition for safety, and access to internships, advocacy programs, and travel opportunities. Promly also emphasizes user privacy and security, ensuring a safe environment for self-expression and exploration.

→ [Sunny](#) > Meaningful Connection in a Modern World

Sunny is a free, science-backed mobile app that helps you build more meaningful social connections by tuning into your Social Battery—your personal energy for interaction—and guiding you to recharge and connect

intentionally. In a digital age that's lonelier than ever, Sunny helps you focus your energy and actions to fuel meaningful connection. Our free mobile app offers simple, science-backed tools to unlock a more socially fulfilled life, while our workplace offering reignites team connection and vibrancy from the inside out. Sunny's unique purpose-over-profit model means we reinvest every dollar into expanding our reach and impact.

→ [SuperBetter](#) > Empower youth mental health

SuperBetter is a science-backed mental wellness app created by game designer Jane McGonigal that transforms personal growth into a playful quest. Available on iOS, Android, and web, it invites you to choose real-life goals—called “Epic Wins”—then advance through daily gameplay with customizable quests, power-ups, and “bad guys” to battle, all supported by social Allies. Clinical trials show that using SuperBetter for 30 days significantly improves mental health, resilience, mood, and social support.

→ [TalkLife](#) > TalLife connects you to people dealing with the same stuff as you. You're not alone - let's talk.

TalkLife is a global peer-to-peer support platform designed to provide a safe and anonymous space where individuals can share their thoughts and feelings, connect with others facing similar challenges, and receive support 24/7. Available on iOS, Android, and web platforms, TalkLife combines the best elements of social networking with mental health support, enabling users to post updates, engage in conversations, and join topic-specific groups. The platform is moderated by trained volunteers and a professional safety team to ensure a secure environment.

→ [The Tapping Solution](#) > Do Something Your Future Self Will Thank You

The Tapping Solution app is a guided EFT (Emotional Freedom Techniques) tapping platform designed to help users reduce stress, anxiety, pain, and emotional blocks. It offers a variety of tapping meditations led by experts, covering topics such as sleep, relationships, finances, and personal growth. The app combines acupuncture and psychology to promote relaxation and emotional healing, making EFT accessible for both beginners and experienced users seeking a natural way to improve mental well-being.



Books



Resources · Books

[A Life for a Life](#) > Kevin Shird

A Life for a Life: Poor Choices and Unresolved Trauma Is Killing America by Kevin Shird is part memoir, part true-story, and part social critique, exploring how unresolved trauma and Poor Choices can spiral into violence and desperate consequences. Shird tells the story of his friendship and haunting divergence with Damion Neal—his cellmate from prison—charting Neal’s fall into double homicide and mental health crisis, while Shird himself attempts to heal from his past through writing and reflection. More than one man’s journey, the book is a searing look at how systemic neglect, untreated PTSD, and social marginalization fuel harm in individuals and communities, and a plea for understanding, accountability, and reform.

[All the Way to the River](#) > Elizabeth Gilbert

All the Way to the River: Love, Loss, and Liberation by Elizabeth Gilbert is a raw, deeply personal memoir chronicling her love affair with Rayya Elias, who was diagnosed with terminal cancer in 2016. Gilbert recounts how their relationship intensified into passion, dependency, and addiction—both hers around love and sex, and Rayya’s around substances—and how they both spiraled amidst grief and suffering. After Rayya’s death in 2018, Gilbert reflects on her own addiction, codependency, and heartbreak, ultimately charting a path toward recovery, spiritual awakening, and finding a more grounded relationship with herself.

[Anxious Attachment and Avoidant Detachment](#) > Richard Banks

Anxious Attachment and Avoidant Detachment: A Journey to Secure Attachment Through Effective Relationship Communication and Attachment Theory by Richard Banks guides readers to understand and heal the relational patterns that often cause tension, disconnection, and emotional instability. The book explains how anxious attachment (fear of rejection, seeking reassurance) and avoidant detachment (emotional withdrawal, discomfort with closeness) emerge from early life experiences, then walks through communication skills, self-awareness, and healing exercises designed to help people break free from these cycles. With real-life stories, practical tools, and a strong emphasis on cultivating emotional security, it offers a clear pathway toward more stable, satisfying relationships.

[Beyond Consequences, Logic, and Control](#) > Heather T. Forbes, LCSW and B. Bryan Post

Beyond Consequences, Logic, and Control: A Love-Based Approach to Helping Attachment-Challenged Children with Severe Behaviors (by Heather T. Forbes and B. Bryan Post) introduces a powerful alternative to traditional behavior management. The authors argue that many challenging behaviors in children—especially those affected by trauma or attachment disruptions—stem from an internal, fear-based emotional state. Rather than relying on consequences, logic, or control, they propose parenting from a place of unconditional love: regulating both the caregiver’s own emotional state and offering connection first, before guiding behavior.

[Bittersweet](#) > Susan Cain

Bittersweet: How Sorrow and Longing Make Us Whole by Susan Cain explores the beauty and power tucked inside our sorrow, longing, and melancholy—qualities too often dismissed by a culture obsessed with positivity. She defines “bittersweetness” as a state of longing, an acute awareness of passing time, and a way of seeing beauty even amidst grief. Drawing from personal stories, neuroscience, religion, art, and music, Cain argues that embracing the bittersweet side of life can nurture creativity, deepen connection, and help us navigate loss with meaning. Rather than trying to dodge pain, she invites us to lean into it—and in doing so, discover wholeness and resilience.

[Brain Energy](#) > Christopher M. Palmer, MD

Brain Energy: A Revolutionary Breakthrough in Understanding Mental Health (and Improving Treatment for Anxiety, Depression, OCD, PTSD, and More) by Christopher M. Palmer, MD presents a bold new theory: mental disorders are fundamentally metabolic disorders of the brain, driven by dysfunctions in how brain cells produce and manage energy. Drawing from decades of research and compelling patient case studies, Palmer explains how factors like genetics, inflammation, hormones, sleep, stress, trauma, and diet all intersect to impact mitochondrial function and mental well-being.

[Dealing with Feeling](#) > Marc Brackett

Dealing with Feeling: Use Your Emotions to Create the Life You Want by Marc Brackett explores how emotions shape everything from our relationships to our careers, yet many of us aren't taught how to respond to them in constructive ways. Marc Brackett, founding director of Yale's Center for Emotional Intelligence, weaves together his own emotional challenges and the latest science of emotion regulation, to show that our responses aren't fixed—they're skills that can be learned over time. He offers practical, evidence-based tools for understanding all emotions (yes, even the tough ones), accepting them without judgment, and redirecting them in ways that nurture connection, purpose, and well-being.

[Energy Rising](#) > Julia DiGangi

Energy Rising presents a groundbreaking, neuroscience-backed approach to unlocking your emotional strength and influence. Neuropsychologist Julia DiGangi reveals how the natural **neuroelectrical energy** coursing through our brains fuels our capacity to drive change, form meaningful connections, and lead with confidence—both at work and at home. Through eight actionable "codes," she guides readers in recognizing, harnessing, and intentionally raising this energy, transforming stress, setback, or emotional lows into sources of resilience and presence. Packed with compelling stories—from leaders to trauma survivors—and practical exercises, *Energy Rising* empowers you to shift the way you lead and live by embracing the powerful, internal currents that shape your impact.

[Grounded Spirituality](#) > Jeff Brown

Grounded Spirituality: A New Way of Embracing Your Whole Self by Jeff Brown offers a bold reimagining of spirituality—rooted not in transcendence or escape, but in the fullness of everyday humanness. Brown argues that much of contemporary spiritual culture bypasses emotional maturity and ignores our bodies, stories, and relationships. Instead, he invites readers into an embodied, relational spirituality grounded in who we truly are. Part memoir, part dialogue (with a fictional seeker named "Michael"), and part hands-on workshop, the book provides exercises for integrating spirit and self in daily life—what Brown calls not awakening, but *awakening* within our imperfect humanity.

[Healing in Your Hands](#) > Kate Truitt, PhD

Healing in Your Hands introduces a groundbreaking, science-backed method called **self-havening**, which uses intentional, mindful touch to soothe trauma, rewire the brain, and build resilience. Neuroscientist and trauma expert Dr. Kate Truitt combines compelling client stories, cutting-edge neuroscience, and step-by-step exercises to help readers calm their nervous systems, cultivate safety and agency, and tap into their own healing potential—all with the palms of their hands.

[Healing: Our Path from Mental Illness to Mental Health](#) > Thomas Insel, MD

Healing: Our Path from Mental Illness to Mental Health by Thomas Insel puts a powerful personal and professional lens on America's mental health crisis. Drawing from his tenure as former director of the National Institute of Mental Health, Thomas Insel shares how our system often fails—despite having effective treatments, care is unaffordable, unevenly delivered, and oriented more toward symptom suppression than lasting recovery. He argues that the real path to healing extends beyond medicine and hinges on the "three Ps": **people**, **place**, and **purpose**—social connection, safe environments, and meaningful engagement. The book offers a hopeful, actionable blueprint for systemic transformation.

[How To Do The Work](#) > Dr. Nicole LePera

How to Do the Work: Recognize Your Patterns, Heal from Your Past, and Create Your Self by Dr. Nicole LePera presents a holistic approach to self-healing by integrating psychological insights with physical and spiritual wellness. The book emphasizes the connection between mind, body, and spirit, offering readers tools to identify and break free from destructive behaviors rooted in past experiences. Dr. LePera introduces concepts such as the impact of childhood trauma, the importance of self-awareness, and the process of reprogramming subconscious beliefs to foster personal growth and well-being.

[How to Raise a Viking](#) > Helen Russell

How to Raise a Viking by Helen Russell is a charming, research-backed guide exploring why Nordic children are among the happiest in the world—and what makes their upbringing so effective. Drawing from her decade in Denmark raising her own family, Russell uncovers the principles behind the Nordic parenting approach: resilience through risky outdoor play, independence encouraged even in preschoolers wielding axes (!), generous parental leave, screen-time balance, egalitarian schooling, and community-mindedness.

[How to Walk Away](#) > Katherine Center

How to Walk Away by Katherine Center: Margaret (Maggie) Jacobsen's life was lined up perfectly—dream job, cherished fiancé, bright future—but everything changes in a flash when a plane crash leaves her severely injured, with her body and future irrevocably altered. As she grapples with paralysis, Maggie must face heartbreak, family secrets, and the realization that her dreams may need to be reimagined. With the help of her difficult but dedicated physical therapist, Ian, and the return of her estranged sister, Kitty, Maggie begins the long journey of recovery, not just of body, but of spirit—reckoning with what's lost, what can still be, and what it really means to walk again even when you can't walk at all.

[I Can Fix This](#) > Kristina Kuzmic

I Can Fix This: And Other Lies I Told Myself While Parenting My Struggling Child by Kristina Kuzmič is a heartfelt and honest memoir chronicling her journey as a mother navigating her teenage son's mental health crisis. What began as a desire to "fix" the situation quickly became a humbling realization of how unrealistic parenting expectations—shaped by culture and social media—can leave us ill-equipped for real challenges. Through vulnerability and self-reflection, Kuzmič debunks ten deeply ingrained "parenting truths," shares the mistakes she made, and offers transformative lessons that helped her family emerge stronger and more connected.

[I Don't Want To Talk About It](#) > Terrence Real

I Don't Want to Talk About It: Overcoming the Secret Legacy of Male Depression by Terrence Real is a pioneering work that reveals how depression among men is often hidden and misunderstood. Real argues that societal pressure for men to appear "strong" and unemotional leads to what he calls covert depression, manifesting as aggression, workaholism, intimacy issues, or addiction—behaviors that are often attempts to avoid emotional pain.

[iGen](#) > Jean M. Twenge

iGen: Why Today's Super-Connected Kids Are Growing Up Less Rebellious, More Tolerant, Less Happy—and Completely Unprepared for Adulthood by Jean M. Twenge examines the generation born between 1995 and 2012, known as iGen or Generation Z. Twenge explores how growing up in the era of smartphones and social media has shaped their behaviors, attitudes, and mental health. She discusses trends such as increased safety consciousness, reduced face-to-face social interaction, higher rates of anxiety and depression, and shifts in political and social tolerance. The book combines data from extensive surveys and interviews to provide insights into how this generation differs from its predecessors.

[Innsaei](#) > [Hrund Gunnsteinsdottir](#)

Innsæi: Heal, Revive and Reset with the Icelandic Art of Intuition by [Hrund Gunnsteinsdóttir](#):

Innsæi (pronounced “in-sy-eh”) unveils the Icelandic concept of intuitive intelligence—a luminous blend of ancient wisdom, science, and practical insight. [Hrund Gunnsteinsdóttir](#) invites readers to rediscover their “sea within”—the deep, flowing inner awareness that can guide creativity, clarity, and purpose in a disorienting world. Through evocative stories, grounding exercises (like breathing, mindfulness, and journaling), and a global lens, she champions intuition not as mystical, but as an accessible and essential life skill for healing, connection, and resilience.

[Introduction to Internal Family Systems](#) > [Richard C. Schwartz, PhD](#)

Introduction to Internal Family Systems offers a clear and accessible overview of the Internal Family Systems (IFS) model, a groundbreaking therapeutic approach developed by Dr. Richard C. Schwartz. The book introduces the concept that the mind is made up of multiple “parts,” each with its own perspective and role, and a core Self that possesses innate wisdom and compassion. Schwartz explains how understanding and working with these inner parts can lead to healing from trauma, emotional balance, and a deeper sense of self-awareness. This concise guide is perfect for anyone curious about IFS, whether they’re new to therapy or seasoned professionals seeking a powerful, integrative tool for transformation.

[It's Not Your Fault](#) > [Alex Howard](#)

It's Not Your Fault by [Alex Howard](#) is a self-help book that delves into the impact of childhood trauma on adult life. Howard draws from his own experiences and clinical work to guide readers in understanding their personal trauma blueprints and offers a “reset plan” for healing. The book emphasizes that many struggles with mental and physical health, as well as relationship difficulties, stem from unmet emotional needs in childhood, and that healing is possible. It aims to help readers build emotional resilience, establish healthy boundaries, and ultimately, create more fulfilling lives.

[Letting Go](#) > [David R. Hawkins, M.D., PhD](#)

Letting Go by [David R. Hawkins](#) explores a simple yet profound method for releasing negative emotions and achieving inner peace. Hawkins presents a mechanism for understanding and dissolving the blocks to awareness, which are often rooted in suppressed feelings. He outlines a process of surrender, encouraging readers to simply allow emotions to arise and dissipate without resistance or judgment. The book emphasizes that by consistently practicing this “letting go” technique, individuals can transcend emotional turmoil, experience greater clarity, and ultimately, access higher states of consciousness and well-being.

[Love to Learn](#) > [Isabelle C. Hau](#)

Love to Learn by [Isabelle Hau](#) likely explores strategies and insights into fostering a love of learning in various contexts, potentially focusing on education, child development, or personal growth. It may delve into methods to cultivate curiosity, motivation, and a lifelong passion for acquiring knowledge, addressing how to create environments and approaches that encourage effective and joyful learning experiences.

[Man's Search for Meaning](#) > [Viktor E. Frankl](#)

Man's Search for Meaning by [Viktor E. Frankl](#) is a powerful memoir and psychological exploration of life in Nazi concentration camps. Drawing from his harrowing experiences, Frankl argues that even in the most inhumane conditions, individuals can endure and find hope through meaning and purpose. He introduces logotherapy, a form of existential analysis centered on the belief that the drive to find meaning is the primary force in human life.

[Midlife Emergence](#) > [Jen Berlingo](#)

Midlife Emergence is a heartfelt memoir-meets-guidebook in which psychotherapist and coach Jen Berlingo reframes the conventional midlife crisis into a powerful **emergence**—a courageous reclaiming of one's true self during midlife rather than a breakdown. Writing from her own experience at age 41—amazed by her seemingly perfect life yet feeling a deep inner rupture—she explores themes like embracing her queer identity, navigating divorce, and experimenting with ethical non-monogamy. Interwoven with her personal story are reflective tools—journaling prompts, creative rituals, and art-based invitations—designed to help women shed socially imposed conditioning, claim personal sovereignty, and “refire” their authentic selves

 [Mindful Relationships](#) > **B. Grace Bullock**

Mindful Relationships: Seven Skills for Success by B. Grace Bullock integrates neuroscience, psychophysiology, psychology, and contemplative practices to explore how chronic stress affects relationships and offers strategies to enhance them. The book introduces the BREATHE model, comprising seven skills aimed at increasing resilience, self-awareness, emotional intelligence, and fostering healthier social bonds.

 [More Human](#) > **Rasmus Hougaard & Jacqueline Carter with Marissa Afton and Rob Stembridge**

More Human: How the Power of AI Can Transform the Way You Lead by Rasmus Hougaard & Jacqueline Carter explores how AI doesn't have to erode our humanity at work but can actually deepen and amplify the leadership qualities that matter most: awareness, wisdom, and compassion. Drawing on extensive interviews with executives, surveys, and a global study of leaders and employees, they argue that rather than fearing automation, confident leaders who delegate appropriate tasks to AI can free up bandwidth for more meaningful human-centered leadership. The book guides readers to cultivate essential mindsets and practices so that AI becomes a tool for human flourishing rather than a shortcut that sacrifices connection, purpose, or ethical leadership.

 [Nature and the Human Soul](#) > **Bill Plotkin**

Nature and the Human Soul by Bill Plotkin presents a unique framework for human development, deeply rooted in the cycles and qualities of the natural world. Plotkin introduces a visionary ecopsychology, outlining eight distinct stages of life, and demonstrating how a connection with wild nature can guide us towards a more fulfilling and mature existence. He advocates for a shift from an egocentric society to an ecocentric one, emphasizing the importance of soul-centered living for both individual and cultural transformation. The book serves as both a guide to personal growth and a call for a more sustainable and compassionate way of being in the world.

 [New Happy](#) > **Stephanie Harrison**

The New Happy by Stephanie Harrison offers a contemporary approach to understanding and cultivating happiness. Harrison moves beyond the pursuit of fleeting pleasures and instead provides a framework for creating sustainable well-being in daily life. The book emphasizes the importance of aligning with one's values, fostering meaningful connections, and pursuing purpose as key components of genuine and lasting happiness.

 [Of Boys And Men](#) > **Richard V. Reeves**

Of Boys and Men by Richard V. Reeves examines the systemic challenges facing males in modern society. Reeves addresses critical issues such as the education gap, the decline in male employment, the crisis in fatherhood, and the specific mental and physical health challenges disproportionately affecting boys and men. The book challenges societal norms and prompts a necessary conversation about how to better understand and support the well-being of males across different stages of life.

 [Rebels with a Cause](#) > **Niobe Way**

Rebels with a Cause: Reimagining Boys, Ourselves, and Our Culture by Niobe Way draws on over 35 years of research to reveal how societal stereotypes about "boy culture"—that prize toughness over tenderness—undermine boys' emotional well-being and human connection. Way shows that contrary to cultural myths, boys desperately crave close friendships, but learn to stifle vulnerability—which contributes to rising rates of loneliness, mental health struggles, and violence. She offers practical, evidence-based strategies—rooted in care, curiosity, and collective responsibility—for reshaping culture so that empathy and connection are valued alongside strength

 [ReSoul Revolution](#) > Rachel Salzberg

ReSoul Revolution is a compelling guide and manifesto from leadership coach Rachel Salzberg that invites readers to harmonize brain and soul for profound personal transformation. Drawing on neuroscience, psychology, and spirituality, Salzberg introduces her core concepts—**ReSouling** (awakening to your authentic essence) and **ReSurging** (elevating your energy)—through relatable stories and practical *ReSoul Micro-Rituals*. The book offers a three-part roadmap: uncover and reprogram limiting beliefs; shift energy to cultivate centeredness and resilience; and align actions with soul-driven purpose to take inspired leadership in everyday life. With her blend of personal narrative and structured tools, Salzberg empowers readers to ignite an inner revolution—leading not only themselves but also their communities toward more conscious, joyful, and purpose-filled living

 [Scattered Minds](#) > Gabor Mate, M.D.

Scattered Minds: The Origins and Healing of Attention Deficit Disorder by Gabor Maté reframes ADHD not as a fixed genetic disorder but as a developmental response to early environmental stress—especially emotional stress and disruptions in attachment. Drawing on his personal journey with ADD and decades of clinical work, he explores how distractibility and impulsivity stem from underdevelopment in the brain's emotional self-regulation circuits, and emphasizes that healing is possible even in adulthood. Through a blend of neuroscience, compassion, and practical strategies, the book offers hope, insight, and a more humane understanding of ADHD.

 [SuperBetter](#) > Jane McGonigal

SuperBetter: A Revolutionary Approach to Getting Stronger, Happier, Braver and More Resilient by Jane McGonigal is a captivating—and scientifically grounded—self-help book that transforms life's challenges into game-like "quests" to build resilience. Rooted in her own recovery from a devastating concussion, McGonigal outlines seven game-based rules—like battling "bad guys," activating power-ups, and recruiting allies—to harness optimism, courage, and focus in real life.

 [Talk to Your Boys](#) > Joanna Schroeder & Christopher Pepper

Talk to Your Boys by Joanna Schroeder and Christopher Pepper is a practical, timely guide designed to help parents, caregivers, and educators engage tween and teen boys in **16 essential conversations** covering topics like mental health, masculinity, sex, consent, pornography, substance use, bullying, racism, violence/guns, and ethics.

 [The Alchemist](#) > Paulo Coelho

The Alchemist by Paulo Coelho is a timeless fable about a young shepherd named Santiago who dreams of finding a hidden treasure. His journey takes him from Spain to the Egyptian desert, where he learns profound lessons about listening to his heart, following his dreams, and trusting the signs of the universe. Blending mysticism, philosophy, and adventure, the novel explores the idea that when you pursue your true purpose, the whole universe conspires to help you achieve it.

 [The Anxious Nation](#) > Jonathan Haidt

The Anxious Generation by Jonathan Haidt examines the significant rise in anxiety and mental health challenges among young people in recent years. Haidt explores the contributing factors, with a particular focus on the impact of social media and the digital environment on their development. The book delves into how these technological shifts have altered social interactions, attention spans, and overall well-being, prompting a discussion about the consequences for this generation's mental health and potential solutions.

 [***The A-Z of Therapeutic Parenting***](#) > Sarah Naish

The A-Z of Therapeutic Parenting: Strategies and Solutions by Sarah Naish is a practical guide designed to support therapeutic parents—particularly those caring for children with attachment difficulties or histories of trauma. It combines a clear, easy-to-follow intervention model with an alphabetical compendium addressing over 60 common child behaviors (such as aggression, sleep problems, disobedience, and homework resistance).

 [***The Biology of Trauma***](#) > Aimie Apigian, MD

The Biology of Trauma: How the Body Holds Fear, Pain, and Overwhelm, and How to Heal It by Dr. Aimie Apigian offers a groundbreaking exploration into how trauma imprints itself on the body at a cellular level. Drawing from her extensive background in preventive and addiction medicine, as well as her personal experiences, Dr. Apigian introduces the Biology of Trauma® model—a comprehensive framework that bridges neuroscience, functional medicine, and somatic therapies. The book delves into how unresolved trauma can manifest as chronic health issues, emotional dysregulation, and behavioral patterns, emphasizing the importance of addressing the body's biological responses to truly heal.

 [***The Body Does Not Keep the Score***](#) > Michael Scheeringa

The Body Does Not Keep the Score critically reexamines the widely accepted claim that trauma damages the brain and embeds itself in the body. Psychiatrist Michael Scheeringa meticulously reviews claims from Bessel van der Kolk's bestseller and argues that many are based on misrepresented or cherry-picked data—not scientific consensus. He highlights that preexisting vulnerabilities, rather than trauma-induced brain changes, better explain PTSD risk, and that body-based therapies lack strong supporting evidence. The result is a persuasive, evidence-driven reality check on our understanding of trauma and human resilience.

 [***The Body Keeps The Score***](#) > Bessel Van Der Kolk, MD

The Body Keeps the Score by Bessel van der Kolk is a groundbreaking exploration of the impact of trauma on the human mind and body. Van der Kolk, a renowned trauma expert, demonstrates how traumatic experiences become "trapped" in the body, manifesting as physical and emotional symptoms. He delves into how trauma affects brain function, relationships, and overall well-being, and presents innovative therapies that help individuals heal by reconnecting with their bodies and reclaiming control of their lives. The book highlights the importance of understanding the connection between trauma and the body, offering hope and pathways to recovery for those who have experienced trauma.

 [***The Courage To Be Disliked***](#) > Ichiro Kishimi & Fumitake Koga

The Courage to Be Disliked by Ichiro Kishimi and Fumitake Koga presents the philosophy of Alfred Adler through a dialogue between a philosopher and a young man. It challenges conventional notions of trauma and self-acceptance, arguing that we are not determined by past experiences but rather by our chosen interpretations of them. The book emphasizes the importance of separating tasks, living in the "here and now," and contributing to the community, rather than seeking recognition or approval from others. It encourages readers to embrace their inherent worth and find the courage to live authentically, free from the constraints of societal expectations and interpersonal comparisons.

 [***The Craving Mind***](#) > Judson Brewer

The Craving Mind by Judson Brewer explores the science of habit formation and addiction, offering a fresh perspective on why we get stuck in repetitive, unhealthy behaviors. Brewer, a psychiatrist and neuroscientist, combines mindfulness principles with cognitive science to provide practical tools for understanding and overcoming cravings. The book guides readers to break free from cycles of anxiety, worry, and addiction by tapping into the power of awareness and curiosity.

[The Creative Act: A Way of Being](#) > Rick Rubin

In ***The Creative Act: A Way of Being***, legendary music producer Rick Rubin shares his philosophy on creativity, framing it not as a skill to be mastered but as a fundamental and mystical aspect of human existence. He argues that creativity is an innate quality that everyone possesses and can cultivate by becoming a better "vessel" for inspiration. Through a series of insights, prompts, and personal anecdotes, Rubin encourages a mindset of intentionality, curiosity, and surrender, advising readers to quiet their minds, pay attention to the world around them, and embrace the collaborative dance between artist and universe. The book serves as a guide for anyone looking to unlock their creative potential, emphasizing that the act of creating is itself a spiritual practice that leads to a more fulfilling and authentic life.

[The Four Agreements](#) > Don Miguel Ruiz

The Four Agreements by Don Miguel Ruiz offers a simple yet powerful code of conduct for achieving personal freedom and happiness. Drawing on ancient Toltec wisdom, Ruiz outlines four key agreements: be impeccable with your word, don't take anything personally, don't make assumptions, and always do your best. These agreements provide a practical framework for transforming negative beliefs and patterns that create suffering. By adopting these principles, readers can cultivate healthier relationships, reduce inner conflict, and ultimately, live a more authentic and fulfilling life.

[The Myth of Normal](#) > Gabor Maté & Daniel Maté

The Myth of Normal by Gabor Maté, co-authored with his son Daniel Maté, critically examines the pervasive idea of "normal" in modern society, arguing that it often masks deep-seated trauma and dysfunction. Maté explores how societal norms, particularly in Western cultures, contribute to chronic illnesses, mental health struggles, and disconnection from our authentic selves. He meticulously connects the dots between individual suffering and systemic issues, including capitalism, consumerism, and the medicalization of distress. The book challenges readers to question conventional wisdom about health and well-being, advocating for a more compassionate and holistic understanding of human experience and healing.

[The Origins of You](#) > Vienna Pharaon

The Origins of You: How Breaking Family Patterns Can Liberate the Way We Live and Love by Vienna Pharaon is a compassionate, bestselling self-help guide centered on understanding and healing the wounds carried from our families of origin. As a licensed marriage and family therapist and Instagram relationship expert, Pharaon unpacks how early family dynamics shape adult behaviors—from self-doubt to relationship struggles—and emphasizes that while our past influences us, it doesn't define us. Through a blend of personal experiences, anonymized client stories, guided reflections, and practical worksheets, she equips readers to break harmful cycles, foster self-awareness, and intentionally cultivate healthier connections and patterns in their lives.

[The Poisoned Arrow](#) > Don Miguel Ruiz Jr.

The Poisoned Arrow explores how fear often remains long after painful experiences—like a poisoned arrow that lingers in our minds. Drawing on Toltec wisdom passed down through his lineage, Ruiz Jr. helps you uncover fear's hidden influence in your thoughts, words, and choices. Through parable and reflective guidance, he offers practical tools to break free from fear-based mental patterns—what he calls "toxic agreements"—and reclaim your creative power, peace, and authenticity.

[The Power of Now](#) > Eckhart Tolle

*Sorted in alphabetical order

The Power of Now by Eckhart Tolle is a spiritual guide that emphasizes the importance of living in the present moment. Tolle argues that most suffering arises from dwelling on the past or worrying about the future, and that true peace and fulfillment can only be found by fully embracing the "now." He encourages readers to identify with the silent, observing presence within themselves, transcending the constant stream of thoughts and emotions of the egoic mind. Through practical exercises and profound insights, Tolle offers a path to liberation from mental chatter and a deeper connection to the present, unlocking a state of inner peace and joy.

 [The Righteous Mind](#) > Jonathan Haidt

The Righteous Mind: Why Good People Are Divided by Politics and Religion by Jonathan Haidt argues that moral judgments stem not from rational thought but from gut instincts—where our intuitive “elephant” leads and our reasoning “rider” follows to justify the ride. He introduces **Moral Foundations Theory**, explaining that our sense of morality is built on six core dimensions—care, fairness, loyalty, authority, sanctity, and liberty—that different cultures and political ideologies prioritize in distinct ways. In the closing section, Haidt explores how humans can shift from being individually self-interested to deeply group-oriented—or “groupish”—which drives both cooperation and polarization

 [The Untethered Soul](#) > Michael A. Singer

The Untethered Soul by Michael A. Singer offers a guide to inner freedom and self-discovery by exploring the nature of consciousness and the self. Singer encourages readers to observe their thoughts and emotions without judgment, learning to detach from the internal dialogue that creates anxiety and suffering. The book provides practical techniques for releasing limiting beliefs and habitual patterns, ultimately leading to a deeper understanding of one's true self and a greater capacity for joy and peace.

 [The World Doesn't Need You](#) > Lawrence Ford

The World Doesn't Need You: The End of Work: Reclaiming Purpose in the Age of AI by Lawrence Ford argues that as AI upends the knowledge economy, credentials and technical know-how will no longer guarantee value. Ford offers a practical compass for people feeling unmoored—explaining why “knowledge is no longer enough,” how to navigate career and identity disruption, and how to uncover the uniquely human “wisdom advantage” that lets you reclaim purpose and thrive in an AI-driven world.

 [Thrive](#) > Lisa M. Lawson

Thrive by Lisa M. Lawson explores how the latest science on adolescent brain development can transform how we support youth. Lawson reveals that the brain remains highly adaptable during adolescence, making this a crucial window for growth, healing, and resilience. She calls for a collective effort—from families to policymakers—to create environments where all children, especially those facing adversity, have the relationships and resources they need to thrive. Blending research with practical insight, the book offers a hopeful, action-oriented vision for the future of youth development.

 [Together](#) > Vivek H. Murthy, MD

Together: The Healing Power of Human Connection in a Sometimes Lonely World by Vivek Murthy explores the profound impact of social connection on our overall well-being. Murthy, a former U.S. Surgeon General, addresses the growing epidemic of loneliness and social isolation, highlighting its detrimental effects on both physical and mental health. The book emphasizes the fundamental human need for connection and offers insights and strategies for building stronger, healthier relationships and fostering a more connected society.

 [Touching The Jaguar](#) > John Perkins

Touching the Jaguar by John Perkins is a memoir and a call to action that weaves together personal experiences with indigenous wisdom to advocate for a shift in consciousness and environmental sustainability. Perkins recounts his time working with indigenous communities in the Amazon and shares insights into their deep connection with nature. The book encourages readers to confront their fears, transform their perspectives, and take action to create a more just and sustainable world.

[Unblock Your Purpose](#) ➤ Francesca Sipma

Unblock Your Purpose is the debut self-help guide from Francesca Sipma, founder of HypnoBreathwork®. Drawing on her decade in New York advertising and a transformational spiritual journey across Bali, India, and Peru, Sipma introduces readers to "HypnoBreathwork®"—a unique method blending conscious breathing, hypnosis, and visualization to dissolve internal blocks, awaken intuition, and consistently access flow states. She blends personal narratives with structured practical exercises to help dismantle conditioning from childhood, societal pressures, or self-doubt, aiming to clear the way for clarity, creativity, and aligned purpose.

[Upstream](#) ➤ Dan Heath

Upstream by Dan Heath is a thought-provoking book and concept that explores how to solve problems before they happen. The "Upstream" mindset focuses on proactive, systems-level thinking to prevent crises rather than constantly reacting to them. Through real-world examples and compelling storytelling, Heath reveals why we often get stuck in a cycle of reaction and how we can shift our approach to create lasting, preventative change—whether in business, healthcare, education, or daily life.

[Wherever You Go, There You Are](#) ➤ Jon Kabat-Zinn

Wherever You Go, There You Are by Jon Kabat-Zinn is a widely influential guide to mindfulness, emphasizing the power of present moment awareness. Kabat-Zinn offers practical guidance and meditations to help readers cultivate a deeper connection with their daily experiences, rather than being consumed by thoughts of the past or future. The book teaches how to integrate mindfulness into everyday life, reducing stress, enhancing clarity, and fostering a greater sense of peace and well-being.



Films & Documentaries

Resources · Films & Documentaries

[Angst](#) > Impactful Group, Inc.

Angst is a documentary film designed to raise awareness about anxiety, particularly among children and teenagers. It features personal stories from young people, expert insights from mental health professionals, and practical strategies for managing anxiety. The film aims to break the stigma around mental health, encourage open conversations, and provide resources for individuals, families, and educators. Angst is often screened in schools and communities to promote mental wellness and resilience.

[Anxious Nation](#) > Vanessa Roth, Director/Writer · Laura Morton, Co-Director, Producer, Writer, Creator of Anxious Nation · Kathy Ireland, Executive Producer, Presenter

Anxious Nation is a documentary film that explores the rising mental health crisis in the United States, focusing specifically on anxiety disorders. The film sheds light on the personal stories of individuals and families affected by anxiety, as well as the broader societal impact of the condition. It highlights the challenges of diagnosing and treating anxiety, while also examining the cultural, environmental, and systemic factors contributing to its prevalence. Through expert interviews and compelling narratives, Anxious Nation aims to raise awareness, reduce stigma, and promote a conversation about mental health care in America.

[The Wisdom of Trauma](#) > Science and Nonduality

The Wisdom of Trauma is a documentary featuring Dr. Gabor Maté, exploring the profound connection between trauma, mental health, and overall well-being. The film delves into how early life experiences shape our emotional and physical health, often leading to addiction, anxiety, depression, and chronic illness. Through personal stories and expert insights, it highlights the importance of understanding and healing trauma to foster a more compassionate society. The documentary encourages a shift in how we view and address suffering, emphasizing connection, self-awareness, and holistic healing.

[Hiding In Plain Sight](#) > Erick Ewers & Christopher Loren Ewers

Hiding in Plain Sight: Youth Mental Illness is a two-part, four-hour documentary executive produced by Ken Burns and co-directed by Erik Ewers and Christopher Loren Ewers. The film presents an unflinching look at the mental health challenges faced by more than 20 young Americans, aged 11 to 27, who candidly share their experiences with conditions such as anxiety, depression, addiction, and suicidal ideation. Through these personal narratives, the documentary confronts issues of stigma, discrimination, and the silence surrounding mental illness, aiming to foster understanding and empathy.

[Connecting The Dots](#) > Noemi Weis

Connecting the Dots is a 2020 documentary directed by Noemi Weis that offers a raw and intimate look at youth mental health from a global perspective. The film features heartfelt stories from young people around the world, candidly sharing their experiences with mental health challenges such as anxiety, depression, and suicide. Through cinematic storytelling and character-driven narratives, Connecting the Dots aims to break the silence and stigma surrounding youth mental health, encouraging open dialogue and understanding. The documentary has been recognized for its impactful message and has been featured in various film festivals and mental health discussions worldwide.

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Peer Support Groups

Resources · Peer Support Groups

50+ Peer Support

Abuse & Trauma Peer Support

Foster Kids Peer Support

[Connect Our Kids](#) ➤ The mission of Connect Our Kids is to use technology to find families, build connections, and create communities for children in foster care. The organization is a technology nonprofit that provides tools and resources to social workers, lawyers, family recruiters, and CASA/GAL volunteers. These tools are designed to help these professionals efficiently find supportive family connections and natural support networks for vulnerable children, ultimately helping to reduce trauma and create a sense of belonging.

GenZ Peer Support

[Promly](#) ➤ Promly's mission is to empower human connectedness and provide psychological support and education for teenagers. The organization aims to foster meaningful connections in a disconnected world, advocate for more responsible technology, and provide support proactively, with a goal to be "10 preventative steps ahead of teen suicide and school violence." By creating a safer, easily accessible online platform, Promly seeks to provide a space for genuine connection, empowerment, youth advocacy, and mental health support.

Grief & Loss Peer Support

LGBTQ+ Peer Support

[One·n·ten](#) ➤ The mission of one•n•ten is to serve LGBTQ+ youth and young adults, ages 11-24, by providing empowering social and service programs. These programs are designed to promote self-expression, self-acceptance, leadership development, and healthy life choices. The organization aims to enhance the lives of these young people by creating a safe and inclusive environment where they can build confidence, celebrate their identities, and thrive.

[The Trevor Project](#) ➤ The mission of The Trevor Project is to end suicide among LGBTQ+ young people. They work toward this mission by providing 24/7 crisis intervention services and by investing in prevention programs that include a peer support community, on-the-ground advocacy, research on LGBTQ+ youth mental health, and education and public awareness.

Loneliness & Isolation Peer Support

Men & Boys Peer Support

[The REAL Mental Health Foundation](#) ➤ The mission of The REAL Mental Health Foundation is to help 10 million men with their mental health by 2030. They aim to achieve this by using the power of community and conversation, including programs like "The REAL Talks" and "The REAL Walks," and by advancing men's mental health through community-building, individual storytelling, and research for effective solutions.

[Everyman](#) ➤ The mission of evryman.com is to bring men together to exercise their emotions so they can lead more successful, fulfilling lives. The organization's goal is to support one million men over five years through a community deeply committed to emotional wellness. They aim to destigmatize men's vulnerability and emotionality, and help men develop new ways of interacting that lead to greater success and fulfillment.

[Men's Peer Group](#) ➤ Men's Peer Groups are small, committed circles of 10 men—just like you—coming together and standing together. Not to fix each other, but to face life with each other. No “tough it out” truisms. No hustle porn. No YouTube-style bro BS. Just real talk. Real support. Real brotherhood. Honest connection with men who've been there, too..

Parents Peer Support

Parents Peer Support

Substance Use Peer Support

Veterans & Military Peer Support

[Shareapy Military](#) ➤ The mission of Shareapy Military is to provide a platform for military veterans, active service members, and their families to connect on a deeper level. The organization aims to promote mental health and wellness by offering a secure and private community for peer support. Through facilitator-led, virtual gatherings, they help reduce feelings of isolation and provide a space for individuals to share their lived experiences and foster personal growth.

Women & Girls Peer Support

Workplace Leadership Peer Support

Workplace Stress & Burnout Peer Support



Podcasts



Resources · Podcasts



[Insights At The Edge](#) ➤ Tami Simon

Insights at the Edge is a podcast hosted by Tami Simon, the founder of Sounds True. The show features in-depth conversations with spiritual teachers, psychologists, healers, and thought leaders exploring topics related to mindfulness, personal growth, and transformation. Each episode delves into profound insights on self-awareness, healing, and living with authenticity, offering listeners wisdom and practical tools for inner exploration and growth.



[Know Thyself](#) ➤ Andre Duqum

Know Thyself is a podcast hosted by André Duqum that explores the deep questions of self-awareness, consciousness, healing, and human potential. Through in-depth conversations with thought leaders, spiritual teachers, psychologists, and wellness experts, the show invites listeners on a journey of inner transformation. Each episode delves into topics like shadow work, trauma healing, ancient wisdom, and personal growth, offering tools and insights to help people remember who they truly are.



[Mental Health Forecast](#) ➤ Arjun Nanda

The **Mental Health Forecast** is a podcast that explores cutting-edge developments shaping the future of mental healthcare. Each episode features conversations with researchers and innovators about emerging therapies, technologies, and approaches to emotional well-being. Topics range from AI-powered therapy tools to advances in neuroscience, examining how these changes might transform mental health treatment.



[Not Another Anxiety Show](#) ➤ Kelli Walker

Not Another Anxiety Show is a podcast hosted by Kelli Walker, a licensed therapist, that offers practical strategies and expert insights for managing anxiety, stress, and mental health challenges. Each episode provides listeners with tools to better understand and cope with anxiety, featuring topics such as mindfulness, self-care, cognitive-behavioral techniques, and personal stories. The show aims to normalize conversations around mental health and provide support for those navigating anxiety in their everyday lives.



[The MINDset Game®](#) ➤ Kelli Walker

The MINDset Game® Podcast, hosted by Vered Kogan, delves into common obstacles hindering personal transformation and explores how mastering your mindset can lead to profound change. As a professional coach and mindset expert, Vered offers evidence-based insights, practical tools, and interviews with leading thinkers to help listeners overcome limiting beliefs, build resilience, and adapt effectively to life's challenges.



[You Make Sense](#) ➤ Sarah Baldwin

You Make Sense is a podcast hosted by Sarah Baldwin, a Somatic Experiencing Practitioner specializing in trauma resolution, attachment, parts work, and nervous system regulation. The podcast serves as a guide to understanding the human experience, aiming to help listeners navigate life with freedom, ease, and empowerment. Utilizing the latest neuroscience and trauma research, Sarah provides powerful somatic tools designed to assist individuals in overcoming obstacles and creating the life they desire. Drawing from her personal healing journey, she offers insights and strategies to support others on their paths to well-being.



Research



Resources · Research



[Boys in the Digital World](#)

Author: [Common Sense Media](#)

Published: October 2025

Topic: Boys Mental Health

Common Sense Media conducted a nationally representative survey of 1,017 adolescent boys age 11 to 17 across the United States in July 2025 to understand how digital environments shape masculine identity development during adolescence. The study examined boys' engagement patterns across social media platforms and gaming communities, their exposure to online masculinity content and influencers, and how these digital experiences relate to their emotional well-being, self-esteem, and real-world relationships.



[The Real Face of Men's Health 2025 United States Report](#)

Author: [Movember](#)

Published: September 2025

Topic: Men's Health

A comprehensive analysis of the urgent and overlooked challenges facing men's health nationwide. It highlights persistent disparities in life expectancy, premature mortality, and mental health—especially among men of color, low-income communities, and younger age groups. With original data from over 6,000 survey respondents and national health datasets, the report reveals how social, economic, and systemic factors shape outcomes far beyond biology. It calls for coordinated action across healthcare, policy, philanthropy, and community sectors to improve men's well-being and, in turn, strengthen families and society as a whole.



[Wellbeing: Behind the Science](#)

Author: [Healthy Minds Innovations](#) in strategic partnership with [Center for Healthy Minds](#)

Published: September 2025

Topic: Holistic Wellbeing

Communities and organizations are navigating one of the most divisive and uncertain times in history. Leaders are being asked to do more than drive performance; they are being asked to support the whole human experience—often without a clear compass. At HMI, in partnership with CHM, we believe wellbeing science can—and must—be that compass.



[2025 BlueSky Youth Mental Health Survey](#)

Author: [Blue Shield of California](#) in partnership with [Children Now](#)

Published: September 2025

Topic: Youth Mental Health

The 2025 BlueSky Youth Mental Health Survey, conducted by Blue Shield of California in partnership with Children Now, captures the mental health landscape of 750 Gen Z youth across California aged 14–25. The findings reveal a dual narrative: while a significant number of young people report struggling with mental health challenges, exacerbated by socio-economic and political stressors, nearly two-thirds express optimism about the future and are actively engaging with issues they care about. The report emphasizes that hope, when paired with action, can be a powerful catalyst for change, and calls for a coordinated effort across families, schools, workplaces, and communities to support youth resilience and wellbeing.



[Youth Perspectives on Online Safety, 2024](#)

Author: [Thorn](#) in partnership with [Burson](#)

Published: September 2025

*Sorted in chronological order (newest to oldest)

Topic: Youth Mental Health & Technology

The 2024 Youth Monitoring Report by Thorn presents a comprehensive analysis of online safety challenges faced by minors aged 9–17, based on qualitative and quantitative research conducted across the United States. The findings reveal that nearly 60% of youth have encountered potentially harmful online experiences, with a concerning rise in sexual solicitations among younger boys.

[Teen Accounts, Broken Promises](#)

Author: [Arturo Bejar](#), [Cybersecurity for Democracy](#), [Fairplay: Childhood Beyond Brands](#), [Molly Rose Foundation](#), [ParentsSOS](#), and support from [Heat Initiative](#)

Published: September 2025

Topic: Youth Mental Health & Technology

The report, backed by Fairplay and other advocacy groups, presents a damning analysis of Meta’s Instagram safety features for minors. It argues that despite public promises, Instagram’s design choices continue to expose teens to serious harm—including bullying, sexual exploitation, and self-harm content.

[Moms Across America Shed Light on Kids’ Mental Health Struggles](#)

Author: [Inseparable](#) and [Count on Mothers](#)

Published: September 2025

Topic: Youth Mental Health

A report by Count on Mothers and Inseparable reveals that the majority of families are struggling to access and afford children’s mental health care. More than half of mothers nationwide worry about their kids’ mental health, and nearly one in four who seek help can’t get it—most often because of cost or long waits. Private insurance, the most common form of coverage, routinely fails families, while schools lack the resources to provide consistent, high-quality care. Mothers cite expanding school-based supports, fixing insurance failures, and making the system easier to navigate as the clearest solutions to the youth mental health crisis.

[In Their Own Words: Young Voices on Mental Health and the Future](#)

Author: [Hopelab](#) and [Data for Progress](#)

Published: September 2025

Topic: Youth & Young Adult Mental Health

This national poll by Hopelab and Data for Progress captures the voices of 1,304 young people aged 13–24 across the U.S., highlighting both the challenges and sources of resilience shaping their mental health and outlook on the future. While a majority report feeling at least somewhat happy and in good mental health, significant disparities persist—especially among LGBTQ+ youth and those facing economic hardship. Young people identify solo downtime, friendships, sleep, and engaging with media as key supports, while family issues, academic pressure, and uncertainty about life paths are major stressors. Despite widespread concern about sociopolitical and economic instability, nearly all respondents can name a source of hope, underscoring the importance of listening to youth perspectives and co-creating solutions that reflect their lived experiences.

[Moving Suicide Prevention Upstream](#)

Author: [National Action Alliance for Suicide Prevention](#)

Published: September 2025

Topic: Suicide Prevention

This report advocates for moving suicide prevention “upstream” by focusing on root causes—social, economic, environmental—and strengthening protective factors before individuals reach crisis points. It outlines what upstream suicide prevention is (and isn’t), the characteristics of effective upstream approaches, and why they’re essential to complement downstream crisis interventions. Key strategies recommended include promoting healthy connections; bolstering job and economic supports; teaching coping, problem-solving, and

emotional regulation skills; and creating protective environments in places where people live, learn, work, and play. The report also offers guidance on building partnerships, assessing local community strengths and gaps, crafting messaging tailored to different audiences, ensuring sustainable funding, and measuring progress toward upstream outcomes. Overall, it's a roadmap for public health officials, coalitions, and communities to shift resources and attention toward prevention that addresses the conditions leading to suicide.

[Young Men's Media Landscaping Report](#)

Author: [Movember](#)

Published: August 2025

Topic: Young Men's Mental Health

The Movember Young Men's Media Landscaping Report offers a comprehensive analysis of how boys aged 12–17 across six countries engage with digital media, revealing that gaming, short-form video, and social media dominate their online lives. Despite high usage, many lack understanding of how algorithms shape their content, and express a desire for more control. Podcasts and AI tools are rapidly gaining traction, influencing how young men learn, seek advice, and form relationships.

[World Mental Health Today: Latest Data](#)

Author: [World Health Organization \(WHO\)](#)

Published: August 2025

Topic: Global Mental Health

This document draws on the latest information available to outline the state of mental health and mental health systems in the world. It shows that mental health conditions remain highly prevalent, with more than a billion people worldwide living with a mental disorder. The prevalence of different mental disorders varies with sex, with females most affected overall. In both males and females, anxiety disorders and depressive disorders are the most common.

[Mental Health Atlas 2024](#)

Author: [World Health Organization \(WHO\)](#)

Published: August 2025

Topic: Global Mental Health

WHO's Mental Health Atlas is a periodic survey and report of countries' mental health policies and programmes, laws, information systems, financing, workforce and services. The 2024 edition, the seventh in a series that started in 2001, draws on data from 144 countries and includes several new indicators on service delivery including telehealth and physical health, community-based care, and data monitoring. This latest report provides an overview of global mental health systems and services, tracks progress towards the targets of WHO's Comprehensive Mental Health Action Plan 2013–2030, and identifies key gaps in mental health service development across the world.

[Workplace Mental Health in 2025: Trends and Best Practices of Top Employers](#)

Author: [Mental Health America's \(MHA\) Bell Seal for Workplace Mental Health](#)

Published: August 2025

Topic: Workplace Mental Health

The cultural narrative around work has evolved. Employees now prioritize psychological safety, flexibility, and purpose, shifting mental health from an HR initiative to a key part of business strategy. Employers are also navigating post-pandemic recovery, record-high burnout, economic and political uncertainty, and a rapidly changing workforce. Workplace mental health is now a business and public health imperative, and forward-thinking employers are rising to the challenge.

[Navigating Generative AI and Youth Social Connection](#)

Author: [Foundation for Social Connection](#) in collaboration with [Pinterest](#)

Published: July 2025

Topic: Generative AI & Youth Mental Health

Exploring the complex and rapidly evolving relationship between generative AI and young people's social connectedness. Developed in collaboration with intergenerational experts and supported by Pinterest, this resource is designed for parents, educators, and other adults who care for young people to better understand and collectively navigate the impact of AI companions on mental health and social well-being.

[Mental Health Literacy: Young Adult Advocacy Toolkit](#)

Author: Mental Health Literacy Collaborative & MHLC Young Adult Advocacy Council

Published: June 2025

Topic: Young Adult Mental Health

Welcome to the Mental Health Literacy Advocacy Toolkit for Youth and Young Adults—your launchpad to becoming a catalyst for positive mental health in your community and beyond! This toolkit is designed by young people, for young people, ensuring that every page is infused with real voices, personal lived experiences, and practical, insightful tips you can apply to your everyday life.

[Medicaid is Mental Health - State-by-State Impacts of Proposed Cuts](#)

Author: [Inseparable](#)

Published: June 2025

Topic: Medicaid is Mental Health

Medicaid pays for 25% of all mental health care and 40% of all substance use care in this country — and it's at risk. Without Medicaid, mental health conditions and substance use disorders will go untreated, harming individuals and placing avoidable strain on families, communities, hospitals, state budgets and more.

[Out of Sight, Out of Mind](#)

Author: [United for Global Mental Health](#)

Published: June 2025

Topic: Institutional Mental Health

An estimated 8.4 million people are admitted to mental hospitals across the world every year. They are placed in these institutions for a variety of reasons, not all to do with having a mental health condition. And there are many more people who end up in other formal and non-formal institutions, including community-based institutions, who do not appear in the World Health Organization (WHO) data.

[From Loneliness to Social Connection: Charting a Path to Healthier Societies](#)

Author: [World Health Organization \(WHO\)](#) - WHO Commission on Social Connection

Published: June 2025

Topic: Social Connection

WHO Commission on Social Connection | June 2025 ➤ This landmark report highlights that social isolation and loneliness are widespread, with serious but under-recognized impacts on health, well-being, and society. Drawing on the latest evidence, the report makes a compelling case for urgent action. It outlines practical, scalable solutions to strengthen social connection – and calls on policy-makers, researchers and all sectors to treat social health with the same urgency as physical and mental health.

[Thriving in Schools: How Philanthropy Can Support Young Minds](#)

Author: [Mindful Philanthropy](#)

Published: May 2025

Topic: Schools

Disrupted Lives and Growing Mental Health Challenges. As the COVID-19 pandemic persists in communities across the country, young people today are experiencing some of the most significant disruptions to their daily lives seen in decades. After nearly two years of unfinished, delayed, or interrupted learning, students are behind both academically and socially, contributing to an alarming increase in youth mental health challenges. These challenges affect young people's ability to attend school and actively engage in learning, making attention to student mental health crucial to academic achievement.

[School Mental Health | Report Card](#)

Author: [Inseparable](#)

Published: April 2025

Topic: Schools

Policies to Improve Student Wellbeing. Recent data show investments in school-based mental health supports are having a positive impact on our youth. There is still more to be done to ensure every child's school has effective programs in place that promote mental wellbeing for all students and offer mental health services and support to those who need it. It is well known that many youth in America are struggling, and most who have mental health conditions are not receiving the care they need. Children and their families often do not know who to turn to, and they are frequently faced with financial barriers, delays in accessing care, and a lack of appropriate mental health care providers.

[2025 Mental Health at Work Report](#)

Author: [Mind Share Partners](#) in partnership with [Qualtrics](#)

Published: April 2025

Topic: Work Mental Health

This marks our fourth national study of the U.S. workforce—a pulse on mental health and well-being of employees against a backdrop of increasingly intense financial and political uncertainty. A comprehensive look at the mental health landscape across the U.S. workforce during a time of economic and political uncertainty. Drawing from over 1,100 full-time employees, the report reveals that 90% experience at least minor mental health challenges, with over half reporting moderate to severe burnout, depression, or anxiety.

[Young Men's Health in a Digital World](#)

Author: [Movember](#)

Published: April 2025

Topic: Young Men

Despite high levels of public interest, there has been a lack of attention given to the voices and experiences of young men engaging with this content and how it is impacting their health. Movember sought to change this by hearing from young men themselves about the influence of this content on their lives and wellbeing.

Social media is an integral part of young men's lives. Popular influencers creating 'men and masculinity content' are amassing millions of young male followers who spend hours a day consuming their videos. Beyond creating engaging content, the appeal of these influencers lies in the online communities they are cultivating, which encourage sharing of ideas, ideologies and connection. For years, these communities were largely limited to fringe, radicalized online subcultures. Yet, in recent years, men and masculinity influencers, and the content they create, are far more present in the lives of young men.

[World Happiness](#)

Author: [World Happiness Report](#)

Published: March 2025

Topic: World Happiness

In this year's issue, we focus on the impact of caring and sharing on people's happiness. Like 'mercy' in Shakespeare's Merchant of Venice, caring is "twice-blessed" – it blesses those who give and those who receive. In this report, we investigate both of these effects: the benefits to the recipients of caring behavior and the benefits to those who care for others.

There is a wealth of evidence about the extent of caring behavior around the world. In the Gallup World Poll, people are asked if, in the last month, they gave money to charity, if they volunteered, and if they helped a stranger. They were also asked, in 2019, if they think other people would help them by returning their lost wallet.

[Spotlight: Wellbeing in Schools](#)

Author: [HundrED](#)

Published: January 2025

Topic: Schools

The International Baccalaureate (IB) is honoured to partner with HundrED in spotlighting innovations that advance student wellbeing in schools worldwide. This collaboration stems from our shared belief that nurturing the whole student is essential not only for academic success but for lifelong fulfilment.

HundrED's Spotlight on Wellbeing in Schools highlights fifteen impactful and scalable education innovations that address student wellbeing.

[2024 Annual Report](#)

Author: [Center for Collegiate Mental Health \(CCMH\)](#)

Published: January 2025

Topic: Collegiate Mental Health

The report summarizes data contributed to CCMH during the 2023-2024 academic year, beginning July 1, 2023 and ending on June 30, 2024. De-identified data were contributed by 213 college and university counseling centers, describing 173,536 unique college students seeking mental health treatment, 4,954 clinicians, and 1,215,151 appointments.

[Youth Mental Health and Substance Use Task Force](#)

Author: [Bipartisan Policy Center](#)

Published: January 2025

Topic: Youth Mental Health

This is the second of three reports from BPC's Youth Mental Health and Substance Use Task Force. The first addressed safe and secure social media use, and the third will cover prevention and early identification of mental health and substance use disorders.

The challenges facing youth today are daunting and widespread: Many struggle with their mental health and substance use. A national survey showed that nearly all indicators of poor mental health for teens worsened from 2013-2023—including increases in the percentage of high school students who experienced persistent feelings of sadness and hopelessness (rising from 30% to 40% over the 10-year period).

[**Youth Mental Health Tracker**](#)

Authors: [Surgo Health](#) & [Inseparable](#)

Published: December 2024

Topic: Youth Mental Health

A comprehensive and actionable mental health and wellbeing data platform to empower equitable, youth-centered solutions.

Our youth are our future. Our data shows that young people don't feel heard and their voices are key to supporting them to thrive. Hear their stories to learn what truly makes a difference.

Outcomes | What is the state of youth mental health & wellbeing today? Despite 45% of youth reporting mental health challenges, a majority of youth are optimistic about their future. This dual reality underscores the importance of holistic approaches to youth mental health and wellbeing. We must understand both to help youth thrive.

[**The State of Mental Health in America**](#)

Authors: [Mental Health America \(MHA\)](#)

Published: July 2024

Topic: Mental Health

Mental Health America provides the most comprehensive mental health ranking for the United States. We believe that gathering and providing up-to-date data and information about disparities faced by individuals with mental health problems is a tool for change.

This report provides a snapshot of mental health status for policy and program planning, analysis, and evaluation.

[**2024 U.S. National Survey on the Mental Health of LGBTQ+ Young People**](#)

Author: [The Trevor Project](#)

Published: May 2024

Topic: Youth Mental Health

The Trevor Project's 2024 U.S. National Survey on the Mental Health of LGBTQ+ Young People amplifies the experiences of more than 18,000 LGBTQ+ young people ages 13 to 24 across the United States.

For the sixth year, the U.S. National Survey uncovers the reality that there is a significant association between anti-LGBTQ+ victimization and the disproportionately high rates of suicide risk — and that far too many young people struggle to access the mental health care they need.

[**In Abundance | An Analysis of the Thriving Landscape of Collective Giving in the U.S.**](#)

Authors: [Johnson Center](#), [Colmena-Consulting](#), and [Philanthropy Together](#)

Published: April 2024

Topic: Collective Giving

In Abundance: An Analysis of the Thriving Landscape of Collective Giving in the U.S. explores the transformative impact of collective giving on philanthropy. Practiced in cultures all around the world, collective giving brings people together to pool their resources, including time, talent, treasure, testimony, and ties — often referred to as the 5Ts. Groups like giving circles, SVP chapters, giving projects, and nonprofit-led circles have long served as democratic and philanthropic learning hubs — bringing historically marginalized voices into philanthropic decision-making spaces, challenging preconceived notions of who is considered a philanthropist, and elevating members as integral actors in our sector's efforts to advance diversity, equity, and inclusion in giving.

[A Roadmap for Strategic Investment](#)

Authors: [Mindful Philanthropy](#)

Published: November 2023

Topic: Mental Health Philanthropy

Building on The Case for Philanthropic Investment, the second guidance in the Mental Health at the Center series helps new and existing funders prioritize investments in support of mental health that are most likely to make a difference. These priorities are not only critical standalone issues, but they are key to population level outcomes.

We have the knowledge and resources, yet no collective strategy to address the mental health needs of all people at all levels of severity. Philanthropy must seize this moment of opportunity and meet the growing need with a proportional, coordinated response in order to prevent, mitigate, and address the growing mental health challenges in the United States. In this guide, we build on The Case for Philanthropic Investment in mental health examined in part one of this series, helping both new and existing funders to prioritize investments in support of mental health that are most likely to make a difference. These priorities are not only critical standalone issues, but they are key to progress in numerous social issue areas.