

[Headspace - YouTube](#) - lots of videos with relaxing meditations and mindfulness tips

[Psych2Go - YouTube](#) Psych2Go is a mental health organization that posts bite-sized educational videos about mental health and relationships. Equipped with simple animations and a calming voiceover, each video is packed with information that'll keep you binge-watching for hours.

[Mind, the mental health charity - YouTube](#) - "We're Mind, the mental health charity. We're fighting for better mental health – for support, for respect, for you. "

[YoungMinds - YouTube](#) - YoungMinds is the UK's leading charity committed to improving the emotional wellbeing and mental health of children and young people. Driven by their experiences we campaign, research and influence policy and practice. We also provide expert knowledge to professionals, parents and young people through our Parents' Helpline, online resources, training and development, outreach work and publications.

[Anna Freud NCCF - YouTube](#) - The Anna Freud National Centre for Children and Families has developed and delivered pioneering mental health care for over 60 years. Our aim is to transform current mental health provision in the UK by improving the quality, accessibility and effectiveness of treatment. We believe that every child and their family should be at the heart of the care they receive, working in partnership with professionals.

[Beyond Blue Official - YouTube](#) This non-profit, Australian-based organization works to increase awareness around mental illness like anxiety and reduce the stigma surrounding it. Their channel focuses on a host of issues, but their series on [knowing when anxiety is talking](#) is especially useful.

[Psych Hub - YouTube](#) Psych Hub is the world's largest mental health education platform. Our mission is to educate everyone in mental health for a more connected and effective system of support. Psych Hub focuses on all things mental health, from substance abuse to dealing with anxiety. They keep their clinically sound videos short and informed and are now one of the largest mental health education platforms around. Their YouTube channel has different series' on dealing with COVID and ADHD

[Nature Relaxation Films - YouTube](#) Admittedly, this one isn't about anxiety per se, but these soothing videos of nature scenes from Norway, Greece, and the Caribbean might be helpful for those struggling with anxiety. Listening to nature or watching peaceful scenes of the earth won't cure anxiety completely, but it certainly can't hurt to enjoy it when you're feeling stressed or anxious.

[Body Mind Zone - YouTube](#) Body Mind Zone's sleep music is specially created to help you fall asleep. Whether you want peaceful music for a power nap or calming sleep meditation music, Body Mind Zone's sleep relaxation music will help you go to sleep. To fall asleep fast, our music for insomnia with its embedded delta waves is essential deep sleep music. Feeling sleepy? Use this sleeping music in the background for soothing relaxation or as meditation music after a busy day at work. Our beautiful music for sleeping is ideal relaxation music for stress relief.