**M2 Unit 4 Resources and Links**

[<http://www.mequilibrium.com/>](http://www.mequilibrium.com/)

[<http://www.woebothealth.com/>](http://www.woebothealth.com/)

[<http://www.wellable.co/>](http://www.wellable.co/)

[<http://www.talkspace.com/>](http://www.talkspace.com/)

[Active Listening guidelines](https://www.bhf.org.uk/informationsupport/heart-matters-magazine/wellbeing/how-to-talk-about-health-problems/active-listening)

[Employee Assistance Programs](https://hr.university/shrm/employee-assistance-programs/)

[Mental Health Assessment](https://www.psychologytoday.com/intl/tests/health/mental-health-assessment)

[Guided Meditation](https://www.youtube.com/watch?v=KZJ07zG1u-s)

[Grounding Exercises for self care](https://terrance.who.int/mediacentre/audio/MSD/WHO-AUDIO_Stress_Management_Grounding_Exercise_1_(5%20minutes)%2027APR2020.mp3)

[<http://www.springhealth.com/>](http://www.springhealth.com/)

[<http://www.ginger.com/>](http://www.ginger.com/)

[<http://www.lyrahealth.com/>](http://www.lyrahealth.com/)

[<http://www.open.spotify.com/>](http://www.open.spotify.com/)