

A FREE RESOURCE GUIDE

Free Mental Wellbeing, Physical Wellbeing, Financial, and Learning Resources

Wellbeing and support resources

I did my best to ensure these resources are free, but availability, eligibility, and pricing can change. My apologies if there are any hidden fees I missed or if a resource does not work out as expected. Please confirm the current details before signing up.

What's inside

-  Mental & physical wellbeing
-  Financial wellbeing
-  Free learning & growth

Tap any resource name or link in this guide to open it in your browser.

■ Mental and physical wellbeing

Hermes Free Telehealth

appears to offer a voucher covering three months of free virtual therapy through BetterHelp. Sessions may be available by video, phone, live chat, or messaging, and insurance does not appear to be required. I tried to ensure this resource is broadly applicable, but I have not personally used or fully verified it, so please confirm current eligibility, funding, approval requirements, and availability before signing up.

→ freetelehealth.org/free-therapy

7 Cups

free peer emotional-support chat, not free therapy. The free version includes limited chats with trained volunteer listeners, community support, and basic self-help resources. Licensed therapy is paid.

→ 7cups.com

Check COBRA and former-employer EAP benefits

COBRA may continue your mental-health coverage, but it is usually not free. Some EAPs may offer a limited number of free counseling sessions after employment ends, depending on the employer's policy.

Medito Foundation

free meditation and mindfulness tools. This nonprofit provides meditation and mindfulness resources designed to be accessible to everyone at no cost.

→ meditofoundation.org

Nike Training Club

free guided workouts. The app offers more than 200 workouts across strength, cardio, yoga, mobility, and bodyweight training. Many are designed for home use with no equipment, though a free Nike account is required.

→ nike.com/ntc-app

Move Your Way Activity Planner

free online activity-planning tool. Created by the U.S. Department of Health and Human Services, it helps users choose at-home activities, set weekly goals, and print an activity tracker.

→ odphp.health.gov/moveyourway/activity-planner

YWCA Minneapolis REPLAY

free recorded group-fitness classes. The streaming library includes strength, cardio, yoga, Pilates-style movement, dance, and Spanish-language classes that can be started without a YWCA membership or paid subscription.

→ ywcamppls.org/replay

Financial wellbeing

GreenPath

free financial counseling by phone. This national nonprofit can review your overall financial situation and help create a personalized plan for budgeting, bills, credit cards, and other debts.

→ greenpath.com

National Foundation for Credit Counseling

free financial review with a certified nonprofit counselor. Remote counseling is available by phone or video and can include budgeting, debt-repayment options, and a personalized action plan. Call 844-865-2461. Some member agencies may offer paid services afterward, but you do not have to enroll in one to use the initial counseling.

→ nfcc.org/free-counseling

Operation HOPE

free online and in-person financial workshops. Sessions led by financial-wellbeing coaches cover budgeting, credit improvement, starting a business, buying a home, and building greater financial stability.

→ portal.operationhope.org/workshop

Free learning and personal-growth resources

Libby

free digital books, audiobooks, and magazines with a valid library card. Available materials may include topics such as wellbeing, exercise, cooking, career transitions, and personal finance.

→ libbyapp.com/interview/welcome#do-you-have-a-card

MIT OpenCourseWare

free materials from more than 2,500 MIT courses. Users can access lecture videos, notes, readings, assignments, exams, and some textbooks without registering. It is intended for independent learning and does not include academic credit, certificates, or instructor support.

→ ocw.mit.edu/about

Coursera

partly free online learning. Some courses can be audited at no cost, usually with access to videos and readings, while graded assignments, certificates, and full program access often require payment. Some courses may offer only a preview or free trial, so review the enrollment options carefully.

→ coursera.org

Saylor University

free online courses with a free digital certificate of completion. Optional credit-bearing exams may require a proctoring fee, but the regular course certificate is free.

→ saylor.org/TuitionFees

OpenLearn

free online courses with a PDF Statement of Participation. Selected courses also include a free Open University digital badge, though these do not carry college credit.

→ open.edu/openlearn

IBM SkillsBuild

free courses with selected free digital credentials. Topics include AI, cybersecurity, data, workplace skills, and other career-focused areas.

→ skillsbuild.org

YouTube

free videos on nearly every topic. This may go without saying, but YouTube can be incredibly helpful for learning new skills, exploring career paths, understanding unfamiliar topics, and following step-by-step tutorials.

→ youtube.com

Note: I used AI to help gather and describe these resources. I individually reviewed each one, but AI helped generate some of the wording and can still make mistakes. Please verify the current details directly with each organization.