

# Mental Health Resources

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Cyberbullying

<https://www.parents.com/kids/problems/bullying/the-best-online-resources-to-stop-cyberbullying/>

Bullying

<https://bullyingnoway.gov.au/>

General School Mental Health

<https://www.mindmatters.edu.au/>

Bolivia Suicide Number

<http://www.iasp.info/resources/detail/bolivia-la-paz--2248486--telefono-de-la-esperanza-708.htm>

Dos and Don'ts of Suicide

[https://www.emich.edu/caps/caps\\_resources/self\\_help\\_pages/suicidal.php](https://www.emich.edu/caps/caps_resources/self_help_pages/suicidal.php)

Stress Relief

<https://www.helpguide.org/articles/stress/relaxation-techniques-for-stress-relief.htm>

Depression

<https://www.helpguide.org/articles/depression/depression-symptoms-and-warning-signs.htm>

Generally helpful

<https://www.helpguide.org/>

Mental Health Conditions

<https://www.nami.org/Learn-More/Mental-Health-Conditions>

## **List of Counselors**

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