



School Counseling Resources

- Crisis Counselor Text HOME to 741741
- Suicide Prevention Lifeline 800-273-8255
- [Mental Health: Where Do I Begin?](#) (Web MD)
- [Mental Health: Where Do I Begin?](#) (NAMI - National Alliance on Mental Illness)

[Abuse/Neglect Hotline](#)

[ADHD](#)

[Anger](#)

[Anxiety/Depression](#)

[App Reviews](#) (Up-to-date)

[Behavioral Health Resources-Outpatient and Crisis](#)

[Christian Counseling](#)

[Counselor- Outpatient- Find one near me](#)

[COVID 19 Anxiety Workbook](#)

[COVID Resources](#)

[Crisis Line](#)

[Depression](#)

[First Aid for Feelings](#)

Gaming, Is it safe? [Roblox: Man gets life in prison](#)

[Grief](#)

[Groups- part of a great school counseling program!](#)

[Internet Safety](#) (Predators, pornography, social media, gaming, cyber-bullying, safety and prevention)

[Mental Health: How to talk to your child](#)

[Mental Disorder Classroom Guide Sheet](#)

[Military Deployment](#)

[Missouri Coalition of Recovery Support Providers](#)

[Psychiatrist- Find one near me](#)

[Resources for students, parents, teachers](#) (Anxiety, Activities...)

[School Counseling Program- What is it?](#)

[School Counseling- For Teachers](#)

[School Counseling Q & A](#)

[Self-harm](#)

[Self-Referral to speak with counselor](#)

[Self-Esteem and Social Media: Implications from Experts](#)

[Self-Esteem Worksheets](#)

[Social Media and Mental Health](#)

[Suicide Prevention Line](#)

[Suicide Risk Assessment Position Paper ASCA](#)

[Suicide Risk-Walk-in clinics: Psychiatric hospitals](#)

[Test Anxiety/ Relaxation Techniques](#)

[Trauma](#) (For teachers and parents)

[Trauma Informed Approaches to Classroom Management](#)

[Virtual Counseling App Information](#)

Disclaimer: Before using AI counseling “Hope” please read:

“From an ethical perspective, important benefits of embodied AI applications in mental health include new modes of treatment, opportunities to engage hard-to-reach populations, better patient response, and freeing up time for physicians. Overarching ethical issues and concerns include: harm prevention and various questions of data ethics; a lack of guidance on development of AI applications, their clinical integration and training of health professionals; ‘gaps’ in ethical and regulatory frameworks; the potential for misuse including using the technologies to replace established services, thereby potentially exacerbating existing health inequalities. Specific challenges identified and discussed in the application of embodied AI include: matters of risk-assessment, referrals, and supervision; the need to respect and protect patient autonomy; the role of non-human therapy; transparency in the use of algorithms; and specific concerns regarding long-term effects of these applications on understandings of illness and the human condition.”

For full research article read [Ethical implication of using AI for therapy](#)