

# Resources for Counseling Students

Counseling Academic & Professional Honor Society International

<http://www.csi-net.org/>

Chi Sigma Iota

CSI is an international honor society that values academic and professional excellence in counseling. We promote a strong professional identity through members (professional counselors, counselor educators, and students) who contribute to the realization of a healthy society by fostering wellness and human dignity.

- Counselor's Bookshelf includes reviews on books, media and resources related to the counseling field
- Membership benefits include access to monthly webinars
- Non-members can access PDF files of *Exemplar* (Academic Journal)

## Mental Health

Helpguide.org

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

According to their website, "Helpguide contains over 250 articles and resources for coping with stress, emotional and relationship problems, and other mental health challenges." This website is easy to navigate and includes articles about Mental and Emotional Health, Healthy Lifestyles, Children and Family, and After 50. Resources include signs and symptoms of many different disorders as well as resources for individuals effected by these issues.

- Making a plan to quit smoking
- Signs and symptoms of alcohol abuse/dependence
- Tips for managing symptoms of ADHD
- Exercise tips
- Emotional self-help toolkit that includes steps to dealing with overwhelming stress and managing emotions  
([http://www.helpguide.org/toolkit/emotional\\_health.htm#toolkit\\_overview](http://www.helpguide.org/toolkit/emotional_health.htm#toolkit_overview))
- Anger management tips and techniques
- And much more!

Hello Grief

[www.hellogrief.org](http://www.hellogrief.org)

- Many articles related to grief written by people who have lost parents, friends, children, etc.
- Search resource directory for help near you
- Join forums and message boards with others who have experienced loss
- Cons of the site - Although many different groups are offered on the site, it doesn't seem that there is much activity within those groups.

- Pros - people have posted on message boards and received comments from other members of the site

### Moodjuice

<http://www.moodjuice.scot.nhs.uk/>

Contains modules of Life Skills, Healthy Living, Relationships, Feelings and Behaviors and Finding Meaning. Provides printable booklets on :

- Bereavement/Grief
- Overcoming Problems
- Anger
- Depression
- Anxiety
- Sleep Problems
- Post-Traumatic Stress
- Cons of the site - Listed resources are in Scotland, printable materials contain several mistakes (grammar, spelling, missing words), some links lead to error messages
- Pros - printable booklets contain useful information and activities to help individuals deal with whatever issue they are having
- Shyness and Social Anxiety
- Chronic Pain
- Assertiveness
- Obsessions and Compulsions
- Panic
- Phobias

### Suicide.org

- Information on suicide and other conditions that may go hand in hand with suicide (depression, bipolar disorder, race, elderly, bullying, etc.)
- Steps on how to complete a "No Suicide Contract"
- Suicide warning signs, causes of suicide
- Information on support groups listed by state
- FAQs

### Motivational Interviewing

[www.motivationalinterview.org](http://www.motivationalinterview.org)

- On-line training opportunities in Motivational Interviewing
- Links to publisher websites for books, manuals, and multimedia resources that might be useful, some manuals are available in PDF format
- Clinicians tab has printable handouts with skills and tools for using Motivational Interviewing, as well as a document for clinicians to use for self-assessment
- Many resources for trainers that are free or available for purchase
- Cons - some of the sections do not contain any information (section for educators)

### National Institute of Mental Health

<http://www.nimh.nih.gov/health/topics/index.shtml>

- Information for many different mental health disorders (anxiety, bipolar, depression, eating disorders, panic disorder, PTSD, suicide, etc)
- Each disorder section includes a definition, causes, signs and symptoms, who is at risk, diagnosis, treatment, living with, and clinical trials
- Links to research studies on disorders
- Free full color PDF, "A Parent's Guide to Autism Spectrum Disorder" (<http://www.nimh.nih.gov/health/publications/a-parents-guide-to-autism-spectrum-disorder/index.shtml>)
- Color images available to print related to mental disorders (not very many images available)

#### AnxietyBC®

<http://www.anxietybc.com/>

- Resources for youth and young adults, adults, new mothers and parents, including tips for reducing stress and anxiety
- Printable brochures for OCD, panic attacks, anxiety and CBT (<http://www.anxietybc.com/brochures.php>)
- Access to a mobile app, "Mindshift", designed to help teens and young adults cope with anxiety
- Adult section contains Self-Help Home Toolkit with several printable resources

#### PsychCentral

<http://psychcentral.com/>

- Information on several different mental disorders including symptoms, causes, treatment and getting help
- Psychological Tests and Quizzes to screen for mental disorders (should not be taken as scientific results, just a screening tool to determine if further testing and evaluation is recommended)
- "Resources" page contains tons of articles, websites, book suggestions and support groups, as well as much more information. Organized by mental disorder
- "Drugs" page contains general information regarding commonly prescribed medications
- "Research" page gives links to clinical trials that are presently occurring

#### American Psychiatric Association

##### Online Assessment Measures

<http://www.psychiatry.org/practice/dsm/dsm5/online-assessment-measures>

- Level 1 and 2 Cross-Cutting Symptoms Measures broken up by age
- Disorder-Specific Severity Measures for adults, children ages 11-17, and clinician-rated
- Disability Measures
- Personality Inventories for adults and children ages 11-17
- Early Development and Home Background for parents of children ages 6-17 and clinician-rated

- Cultural Formulation Interviews
- Assessments are in PDF format and can be printed
- Many more available than are included in the DSM-5

#### Cognitive Behaviour Therapy Self-Help Resources

<http://www.getselfhelp.co.uk/freedownloads2.htm>

- Printable resources for people to use alone or with the assistance of a therapist
- Free downloadable therapy worksheets and CBT tools
- Worksheets are specific to mental disorders (OCD/perfectionism, body dysmorphia, panic attack, PTSD, etc.)
- Self Help mp3 Download Store
- Free Self Help Leaflets and Booklets
- Free Cognitive Models and Formulation Templates
- Much more information regarding the benefits of CBT

#### Therapist Aid

<http://www.therapistaid.com/therapy-home/none/none>

- Free therapy worksheets and tools for mental health counselors
- Worksheets can be filtered by topic (anger, depression, goals, relationships, etc) and demographic (children, adolescents, adults)
- Link for suggested games to purchase for use in therapy

#### Psychology Tools

<http://psychologytools.org/>

- Printable worksheets organized by disorder

#### Autism Speaks

[http://www.autismspeaks.org/?utm\\_source=autismspeaks.org&utm\\_medium=web&utm\\_campaign=primarymenu](http://www.autismspeaks.org/?utm_source=autismspeaks.org&utm_medium=web&utm_campaign=primarymenu)

- Resources for families and practitioners including printable tool kits covering topics such as transitioning from adolescence to adulthood, dental care, IEPs, school/community information, etc.
- Information regarding smart phone apps to assist those with Autism, search by skill and age level
- Books and links for everything from diet and nutrition, to religious resources, to sensory tools and products

#### National Resource Center on ADHD

<http://www.help4adhd.org/>

- "What We Know" series provides 22 PDF documents covering all aspects of working and living with someone with ADHD
- Information on the legal and insurance systems as well as public benefits
- Diagnostic and treatment guidelines

### Helpline Center - Sioux Falls

<http://helplinecenter.org>

- Find resources in Sioux Falls and surrounding communities for childcare, military support, suicide prevention and survivor support, etc.
- Training offered in suicide prevention for no charge (undergraduate and graduate credits available for \$45 through University of Sioux Falls)
- Support and resources for military members and their families

### Family Resource Network - Brookings

<https://www.sdstate.edu/teaching-learning-and-leadership/family-resource-network>

- Child and adult care food program
- Choosing child care
- Toy & resource lending library
- Early childhood enrichment
- SD Child Development Associate
- Training available (mostly focused on birth to 8 yrs old)

## School Counseling

### PBIS World

<http://www.pbisworld.com/>

- Three tiers of interventions to be used with students
- Intervention suggestions by problem (aggressive behavior, frustration, impulsive, lack of responsibility, lying/cheating, tardiness, rushing through work, etc.)
- Forum where counselors can post questions and get answers/suggestions from other readers
- Many printable forms under "Data Tracking"

### Elementary School Counseling

<http://www.elementaryschoolcounseling.org/index.html>

- Ideas for individual, small-group and classroom counseling, as well as school-wide programs
- Parent Workshop presentation contains many ideas for books to use in classroom instruction as well as activities to go with the book (<http://www.elementaryschoolcounseling.org/individual-counseling-professional-presentations.html>)
- HUGE booklist sorted by category (positive behaviors, bullying, life changes, making and keeping friends, feelings, school, self-esteem, misc)

### Stop Bullying

[stopbullying.gov](http://stopbullying.gov)

- Resources for Parents on preventing and reporting bullying and cyber bullying
- Information for parents, educators, community, teens, and kids on what they can do

- Full Color PDF poster "Bullying: What You Need to Know"
- Color images that promote anti-bullying
- Use their resources tab to search for certain terms and find resources from other websites that have been approved by stopbullying.org
- Blog containing posts written by teens as well as professionals in the field
- Short videos (under a minute) made by teenagers to promote anti-bullying movements in schools - these videos are GREAT!
- Information on specific state laws regarding bullying and cyber bullying

National Association of School Psychologists

<http://www.nasponline.org/resources/completetopiclist.aspx>

- Resources on a variety of topics
- Military section has several resources
- Cons: Some topics have very little information and few links

Kim's Counseling Corner

<http://kimsounselingcorner.com/>

- Blog written by Kim Peterson, MA, LPC-S, RPT includes personal stories from her experiences
- "Links, Books, and Other Tools" section has many resources including online links and websites, books, printable worksheets and charts, and useful apps. She also provides links to her other pages (Vodpod, Goodreads, Facebook, and Pinterest)
- Great resource for School Counselors and others working with children

Free Printable Behavior Charts

<http://www.freeprintablebehaviorcharts.com/>

- Printable stickers - popular characters such as Arthur, Cars, Bratz, Hello Kitty, Spiderman, etc.
- Hundreds of printable charts for use with children!

Books that Heal Kids

<http://booksthathealkids.blogspot.com/>

- Blog giving reviews of books that can be used with children for counseling
- The right side of the blog gives many different categories to search for books in

Pinterest.com

- Pinterest is a great place for school counselors to share ideas for classroom activities. Create your own account and "pin" ideas to your boards for quick reference later

PDF document containing 16 activities to build resilience in children and adolescents

[http://www.edgeworkconsulting.com/tools/16%20Games%20That%20Promote%20Conversations%20About%20Resilience\(2005\).pdf](http://www.edgeworkconsulting.com/tools/16%20Games%20That%20Promote%20Conversations%20About%20Resilience(2005).pdf)

Missouri Center for Career Education - lesson plans for elementary, middle and high school students

<http://www.missouricareereducation.org/project/guidelsn>

Shelby County Schools - Counseling Services Website

<http://www.scsk12.org/SCS/departments/Counseling/CounselingForms.html>

- Contains links to many counselor forms and documents, most in Word format
- Forms available under these topics: Charts/Contracts, Check on Student, Counselor Audit, Crisis Referrals, Documentation, Envelope Labels, Feedback to Teacher, Needs Assessments by Parents, Needs Assessments by Students, Needs Assessments by Teachers, Permission Forms, Program/Activity Evaluations by Parents, Program/Activity Evaluations by Students, Program/Activity Evaluations by Teachers, and Referred to Counselor
- Some forms are broken up into age categories

This link is a Stitch of 14 school counseling blogs

<http://stich.it/siMTIxOTk=>

## Student Affairs

StudentAffairs.com

This site contains information directly related to students and professionals in Student Affairs. It is easy to navigate and contains many different resources, including:

- Search Job Listings in Student Affairs
- Webinars and Podcasts covering a variety of topics
- Ejournal articles which contain articles and resources prepared by graduate students
- Online Residence Assistant Training Module (as of 9/13 the website states they are revamping and converting the module to be self-paced and should be done by the end of the year)
- Information regarding upcoming conferences in the field of College Counseling and Student Affairs
- Information on joining Listservs
- Post your resume free of charge

NACADA - The Global Community for Academics Advising

<http://www.nacada.ksu.edu/>

- Access to articles written for *Academic Advising Today*
- Annotated Bibliographies related to recent research in academic advising since 2003
- Research related links (grant writing, research committee information)
- Information on annual and regional conferences

NASPA - Student Affairs Administrators in Higher Education

<http://naspa.org/> (Dr. Ruth Harper is a member)

- Online learning programs (webinars) listed under Events tab

- Members receive electronic subscriptions to *Journal of Student Affairs Research and Practice*, *NASPA Journal About Women in Higher Education*, and *Journal of College and Character*, as well as the *Magazine Leadership Exchange*
- Resources for graduate students and new professionals including job search tips and suggested books
- Opportunity to join listservs for a variety of topics
- Links and resources related to a variety of topics - adult learners and students with children, alcohol and other drugs, disability, campus safety, LGBT, multiracial, spirituality and religion in higher education, student-athlete, technology, and more

ACPA - College Student Educators International

<http://www2.myacpa.org/> (Dr. Ruth Harper is a member)

- Career Services Webcast Series provides career development opportunities for professionals, aspiring faculty and graduate students (listed under career development)
- Presentations and other resources available through Standing Committee and Commissions tabs

## Vocational Rehabilitation

National Dissemination Center for Children with Disabilities

<http://nichcy.org/families-community/help/foradults#wrap>

- List of services/resources for Adults with Disabilities - Organizations and Agencies in Your State, Employment, Postsecondary Education, Recreation, Independent Living, Assistive Technology, Disability Living Online
- The rest of the site focuses on children and adolescents with disabilities

National Rehabilitation Counseling Association (NRCA)

<http://nrca-net.org/>

- Become a member to receive training/certification maintenance, insurance and subscription to the *Journal of Applied Rehabilitation Counseling (JARC)*
- Explore Employment Opportunities

National Association of Cognitive-Behavioral Therapists

<http://www.nacbt.org/>

- Browse the bookstore for products related to CBT
- Resources for Mental Health Professionals including Applications for certification, training opportunities, discussion forums and links for other information about CBT

Commission on Rehabilitation Counselor Certification (CRCC)

<http://www.crccertification.com/>

- Links to rehab counseling membership organizations, federal agencies, general information and training materials
- Information for certificants regarding continuing education
- Resources for completing an ethics home study



## Resources by Category

### Anxiety

- General information on anxiety disorder: <http://www.nimh.nih.gov/health/topics/anxiety-disorders/index.shtml>
- Printable anxiety self-help guide: <http://www.moodjuice.scot.nhs.uk/anxiety.asp>
- General information about anxiety: <http://www.calmclinic.com/>
- General information about anxiety: <http://psychcentral.com/disorders/anxiety/>
- DSM-5 checklists to measure anxiety: <http://www.psychiatry.org/practice/dsm/dsm5/online-assessment-measures>
- Social anxiety thought record sheet: <http://www.getselfhelp.co.uk/docs/SocialAnxietyThoughtRecordSheet.pdf>
- Anxiety self-help guide: <http://www.getselfhelp.co.uk/docs/AnxietySelfHelp.pdf>
- Anxiety quick reference: <http://www.getselfhelp.co.uk/docs/AnxietyQR.pdf>
- Anxiety worksheets: <http://www.therapistaid.com/therapy-worksheets/anxiety/none>
- CBT worksheets for anxiety: <http://www.psychologytools.org/anxiety.html>
- CBT worksheets for generalized anxiety disorder: <http://www.psychologytools.org/generalised-anxiety-disorder.html>
- CBT worksheets for social anxiety disorder: <http://www.psychologytools.org/social-anxiety-disorder-social-phobia.html>

### ADHD

- General information about ADHD: <http://www.nimh.nih.gov/health/topics/attention-deficit-hyperactivity-disorder-adhd/index.shtml>
- General information on ADHD: <http://psychcentral.com/disorders/adhd/>
- General information on ADHD: <http://www.help4adhd.org/>
- Using CBT to treat adults with ADHD: <http://www.help4adhd.org/documents/WWK21.pdf>

### Autism Spectrum Disorder

- General information about Autism Spectrum Disorder: <http://www.nimh.nih.gov/health/topics/autism-spectrum-disorders-pervasive-developmental-disorders/index.shtml>
- General information about Autism Spectrum Disorder: <http://psychcentral.com/lib/an-introduction-to-autism/0005700>
- 100 Day tool kit for parents who have just received an autism diagnosis for their child: <http://www.autismspeaks.org/family-services/tool-kits/100-day-kit>
- Tool kit for transition from adolescence to adulthood: <http://www.autismspeaks.org/family-services/tool-kits/transition-tool-kit>
- Family support tool kits: <http://www.autismspeaks.org/family-services/tool-kits/family-support-tool-kits>
- Employment tool kit: <http://www.autismspeaks.org/family-services/tool-kits/employment>
- Advocacy tool kit: <http://www.autismspeaks.org/family-services/tool-kits/advocacy>

- Challenging behaviors tool kit: <http://www.autismspeaks.org/family-services/tool-kits/challenging-behaviors-tool-kit>
- Postsecondary Educational Opportunities Guide: <http://www.autismspeaks.org/family-services/tool-kits/postsecondary>
- Higher functioning autism tool kit: <http://www.autismspeaks.org/family-services/tool-kits/asperger-syndrome-and-high-functioning-autism-tool-kit>
- School/Community Tool Kit: <http://www.autismspeaks.org/family-services/tool-kits/school-community-tool-kit>
- Dental tool kit: <http://www.autismspeaks.org/family-services/tool-kits/dental-tool-kit>
- Tips for successful haircuts: <http://www.autismspeaks.org/family-services/tool-kits/tips-successful-haircuts>
- IEP guide: <http://www.autismspeaks.org/family-services/tool-kits/iep-guide>

### Bipolar Disorder

- General information about bipolar disorder: <http://www.nimh.nih.gov/health/topics/bipolar-disorder/index.shtml>
- General information about bipolar disorder: <http://psychcentral.com/disorders/bipolar/>
- Mood management worksheet: <http://www.getselfhelp.co.uk/docs/BipolarMoodManagement.pdf>
- Worksheets for bipolar: <http://www.psychologytools.org/bipolar.html>
- Relapse Management Worksheet: [http://www.choicesinrecovery.com/pdf/CIR\\_wksht\\_relapsegmt.pdf](http://www.choicesinrecovery.com/pdf/CIR_wksht_relapsegmt.pdf)
- DSM-5 scales to measure mania: <http://www.psychiatry.org/practice/dsm/dsm5/online-assessment-measures>

### Borderline Personality Disorder

- General information about Borderline Personality Disorder: <http://www.nimh.nih.gov/health/topics/borderline-personality-disorder/index.shtml>

### Depression

- Printable self-help guide: <http://www.moodjuice.scot.nhs.uk/depression.asp>
- General information on depression: <http://www.nimh.nih.gov/health/topics/depression/index.shtml>
- General information on depression: <http://psychcentral.com/disorders/depression/>
- DSM-5 scales to measure depression: <http://www.psychiatry.org/practice/dsm/dsm5/online-assessment-measures>
- Thought record sheet: <http://www.getselfhelp.co.uk/docs/DepressionThoughtRecordSheet.pdf>
- Self-help guide: <http://www.getselfhelp.co.uk/docs/DepressionSelfHelp.pdf>
- Depression quick reference: <http://www.getselfhelp.co.uk/docs/DepressionQR.pdf>
- Depression worksheets: <http://www.therapistaid.com/therapy-worksheets/depression/none>
- CBT worksheets for depression: <http://www.psychologytools.org/depression.html>

- Antidepressant skills workbook: <http://www.comh.ca/publications/resources/asw/SCDPAntidepressantSkills.pdf>
- Strategies for helping with depression: <http://www.teensfindinghope.org/actions-you-can-take.html>
- Worksheets for teens: <http://www.teensfindinghope.org/worksheets.html>

### Eating Disorders

- General information: <http://www.nimh.nih.gov/health/topics/eating-disorders/index.shtml>
- General information: [http://psychcentral.com/disorders/eating\\_disorders/](http://psychcentral.com/disorders/eating_disorders/)
- Thought record sheet: <http://www.getselfhelp.co.uk/docs/AnorexiaThoughtRecordSheet.pdf>
- Bulimia and binge eating self-help sheet: <http://www.getselfhelp.co.uk/docs/BulimiaSelfHelp.pdf>
- Anorexia self-help sheet: <http://www.getselfhelp.co.uk/docs/AnorexiaSelfHelp.pdf>
- Printable worksheets: <http://www.psychologytools.org/eating-disorders.html>

### Obsessions and Compulsions

- Printable self-help guide: <http://www.moodjuice.scot.nhs.uk/obsessioncompulsion.asp>
- General information: <http://www.nimh.nih.gov/health/topics/obsessive-compulsive-disorder-ocd/index.shtml>
- General information: <http://psychcentral.com/disorders/ocd/>
- Thought record sheet: <http://www.getselfhelp.co.uk/docs/OCDThoughtRecordSheet.pdf>
- Perfectionism thought record sheet: <http://www.getselfhelp.co.uk/docs/PerfectionismTRS.pdf>
- Body dysmorphia worksheets: <http://www.psychologytools.org/body-dysmorphic-disorder.html>
- Printable worksheets: <http://www.psychologytools.org/obsessive-compulsive-disorder.html>
- DSM-5 scales to measure repetitive thoughts and behaviors: <http://www.psychiatry.org/practice/dsm/dsm5/online-assessment-measures>

### Stress

- Printable self-help guide: <http://www.moodjuice.scot.nhs.uk/stress.asp>
- General information: <http://psychcentral.com/stress/>
- Self-help handout: <http://www.getselfhelp.co.uk/docs/StressSelfHelp.pdf>
- "Colour for Mental Health" handout: <http://www.getselfhelp.co.uk/docs/ColourBreathing.pdf>
- Relaxation handout: <http://www.getselfhelp.co.uk/docs/Relaxation.pdf>
- Stress worksheets: <http://www.therapistaid.com/therapy-worksheets/stress/none>

### Panic

- Printable self-help guide: <http://www.moodjuice.scot.nhs.uk/panic.asp>
- General information: <http://www.nimh.nih.gov/health/topics/panic-disorder/index.shtml>
- Panic Attack thought record: <http://www.getselfhelp.co.uk/docs/PanicThoughtRecord.pdf>

- Panic diary: <http://www.getselfhelp.co.uk/docs/PanicDiary.pdf>
- Exposure homework sheet: <http://www.getselfhelp.co.uk/docs/ExposureHomeworkSheet.pdf>
- CBT worksheets for panic: <http://www.psychologytools.org/panic.html>
- DSM-5 scales to measure panic: <http://www.psychiatry.org/practice/dsm/dsm5/online-assessment-measures>

## PTSD

- Printable self-help guide: <http://www.moodjuice.scot.nhs.uk/posttrauma.asp>
- General information about PTSD: <http://www.nimh.nih.gov/health/topics/post-traumatic-stress-disorder-ptsd/index.shtml>
- General information on PTSD: <http://psychcentral.com/disorders/ptsd/>
- Thought record sheet: <http://www.getselfhelp.co.uk/docs/PTSDThoughtRecordSheet.pdf>
- Treating traumatic memories: <http://www.getselfhelp.co.uk/docs/PTSDmetaphor.pdf>
- Coping with flashbacks: <http://www.getselfhelp.co.uk/docs/CopingwithFlashbacks.pdf>
- CBT worksheets: <http://psychologytools.org/ptsd.html>

## Schizophrenia

- General information: <http://www.nimh.nih.gov/health/topics/schizophrenia/index.shtml>
- General information: <http://psychcentral.com/disorders/schizophrenia/>
- CBT for Psychotic Symptoms - a Therapist's Manual: <http://www.cci.health.wa.gov.au/docs/Psychosis%20Manual.pdf>
- Relapse Management Worksheet: [http://www.choicesinrecovery.com/pdf/CIR\\_wksht\\_relapsegmt.pdf](http://www.choicesinrecovery.com/pdf/CIR_wksht_relapsegmt.pdf)

## Grief

- Printable self-help guide: <http://www.moodjuice.scot.nhs.uk/bereavement.asp>
- CBT worksheets: <http://www.psychologytools.org/grief.html>
- Identify Your Feelings: <http://griefcounseling.us/wp-content/uploads/2010/04/identify-feelings.pdf>
- Grief questions: <http://griefcounseling.us/wp-content/uploads/2010/04/Grief-Questions.pdf>
- Healing Grief Guide: [http://amybarzach.com/Healing\\_Your\\_Grief\\_Guide.pdf](http://amybarzach.com/Healing_Your_Grief_Guide.pdf)

## Suicide

- No-Suicide Contract <http://suicide.org/no-suicide-contract-form.html>
- Suicide prevention: <http://www.nimh.nih.gov/health/topics/suicide-prevention/index.shtml>
- Commitment to Life Contract: <http://www.getselfhelp.co.uk/docs/CommitmentLife.pdf>
- Coping with suicidal thoughts: <http://www.getselfhelp.co.uk/docs/CopingSuicidalThoughts.pdf>
- Suicide worksheets: <http://www.therapistaid.com/therapy-worksheets/suicide/none>

## For Anyone

- Goal setting: [http://www.choicesinrecovery.com/pdf/CIR\\_wksht\\_goalsetting.pdf](http://www.choicesinrecovery.com/pdf/CIR_wksht_goalsetting.pdf)