

Mental Health Care General Links and Counseling Resources

Mental Health Links

The following links are listed to provide you with additional online mental health care information and counseling resources.

[Suicide Awareness Voices of Education](#)

[Suicide Prevention](#)

[CounsellingResource.com](#)

[Internet Mental Health](#)

[Mental Health Counselor Resources, About.com](#)

[PsychCentral.com](#)

[University of Michigan Health Library](#)

[Web Sites You Can Trust, Medical Library Association](#)

[Fairfax County Community Services Board](#)

[Mindfulness Techniques](#)

[Mindfulness](#)

[Self Care](#)

Note: *Not responsible for the content, claims or representations of the listed sites.*