

Resource Bank for

# RELATIONSHIPS WITH OTHERS

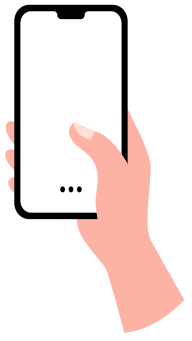
Please access each resource by clicking links!

## Helpful Handouts

- [Assertive Communication](#)
- [How to Create Healthy Boundaries](#)
- [Setting Boundaries](#)
- [Coping with a Breakup](#)
- [What Ethical Non-Monogamy Really Means & How to Practice It](#)
- [Polyamory and Ethics](#)

## Apps

- [Halo: Mindfulness Journal](#)
- [Paired](#) (Discovering relationship strength and growth areas)
- [SuperBetter](#)
- [WellTrack Boost](#)
- [Finch: Self Care Widget](#)



## Websites

- [Loveisrespect](#)- Healthy relationships, dating, personal safety, etc.
- YouTube: [Setting Healthy Boundaries](#)
- [Setting Boundaries: A simple guide](#)

## Books and Podcasts

- [Where Should We Begin?](#) With Esther Perel
- [Multiamory Podcast](#)
- [Let's Talk about Sex](#) with Dr. Laura Prescott Podcast



## Campus Resources

- General Housing Information; Living with a Roommate
- Campus Clubs and Organizations
- Group therapy Counseling and Psychological Services: Understanding Self and Others, LGBTQQ+ Support Group, Support Group for Students of Color, etc.
- Couples/Family Counseling- Counseling and Psychological Services
- Interpersonal Violence Support
  - If you are unsure of available options or what next steps to take, you can contact Sarah Hoffert, Interpersonal Violence Specialist in the Office of the Dean of Students or contact Counseling and Psychological Services
- Wellness and Prevention Services- Sexual Health Consultations
- University Ombuds Office
- Let's Talk - Counseling and Psychological Services

## Social Media

### Instagram

- @thesecurerelationship
- @brenebrown
- @sitwithsharon
- @the.holistic.psychologist
- @thebraincoach
- @millennial.therapist



## List Your Own!

### Interested in learning more?

#### Counseling Center Services

The AppState Counseling Center offers a variety of services including short-term individual counseling, group therapy, workshops, self-help resources, referral coordination, and more! To get started, schedule an initial consultation at 828-262-3180.

1st Floor, Miles Annas Building | [counseling.appstate.edu](http://counseling.appstate.edu)

(828)262-3180 | [counseling@appstate.edu](mailto:counseling@appstate.edu) |

[@appstatecounselingcenter](https://www.instagram.com/appstatecounselingcenter)