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Bullying Awareness

Keep Yourself Safe From Verbal, Physical and Social Bullying

Bullying comes in many forms – verbal, physical, social, cyber, racial, and LGBTQ+. It happens to school-aged kids and working adults. But no one should continue to suffer.

There are many immediate and ongoing sources of help. Contact us to use your mental health sessions. Receive a confidential referral for a counselor who can equip you with tools to alleviate bullying and help you heal.

What Is Bullying?

Repeated hurtful actions intended to demonstrate power imbalance.

– Crisis Text Line

Chat with one of their live volunteer crisis counselors 24/7 for mental health support. Text **CONNECT** to 741741. It is free and confidential.

Select your organization's name to register for the Well-Being Center.

Your Employee Assistance Program (EAP) is paid by your employer. You and your household members are automatically covered. No health insurance is needed to participate. To speak to an intake specialist, call 800-968-8143. Services are confidential. First Sun EAP does not sell your personal information to third parties.

