How to Access Mental Health SUPPORT At Cornell

Let’s Talk
support from Cornell Health counselors at drop-in sites across campus
health.cornell.edu/LetsTalk

Cornell Health
counseling, psychiatry, & primary care medical services
health.cornell.edu
607-255-5155 (24/7)

EARS
peer counseling & referral by phone or in person
607-255-3277 (5-EARS)
ears.dos.cornell.edu

Caring Community
a comprehensive list of campus resources for health & well-being
caringcommunity.cornell.edu
What to Know About “Let’s Talk”...

Is it right for you?
Any student can participate in Let's Talk. It might be right for you if you:
• are not sure about counseling
• are not interested in ongoing counseling
• have a specific issue you want to talk about now
• have questions or concerns about your own experiences or feelings
• are concerned about someone else
• want to get connected to other services like group counseling, psychiatry, or another campus / community resource

Where do you go?
Let's Talk drop-in sites are available weekly at:
Balch Hall (Carol Tatkon Center), Bartels Hall, Caldwell Hall (Office of Global Learning), Computing & Communications Center (CCC), DOS Diversity & Inclusion (626 Thurston Ave.), Hughes Hall, Klarman Hall, Rockefeller Hall, Sibley Hall, Willard Straight Hall

See the weekly schedule:
health.cornell.edu/LetsTalk

Get more resources:
caringcommunity.cornell.edu

Let’s Talk
This FREE drop-in service allows you to consult with licensed counselors at multiple locations across campus.

Anxiety
• Concerns about fitting in
• Homesickness
• Bias
• Identity
• Family pressures
• Cultural differences
• Disability
• Depression
• Loss
• Divorce
• Relationship difficulties
• Trouble adjusting to life on campus
• Feeling disconnected
• Impostor syndrome
• Lack of joy
• Alcohol and other drug concerns
• Surviving sexual assault or other violence
• Being overwhelmed
• Sexual identity
• Dating difficulties
• Trouble connecting with others
• Hazing
• Grief
• Stress
• Sleep difficulties

Free off-site walk-in consultations
How to Access Mental Health Services at Cornell Health...

Start with any of these options... to connect with our Counseling and Psychological Services (CAPS) services

- **Schedule a brief assessment**
  Call 607-255-5155 or go online to schedule a phone appointment with a CAPS counselor.
  health.cornell.edu/appointments

- **Drop by “Let’s Talk”**
  Stop by to consult informally with a CAPS counselor.
  Available Monday–Friday at multiple campus sites.
  health.cornell.edu/LetsTalk

- **Call or come in for urgent concerns**
  If you’re experiencing an urgent mental health concern, come to Cornell Health or call us at 607-255-5155.
  health.cornell.edu/urgent

CAPS counselors will connect you with the most appropriate next step.

**Referrals to CAPS continuing care**

- **Short-term individual counseling**
  ...provided by CAPS therapists; the urgency, frequency, and duration of counseling varies based on need.
  health.cornell.edu/CAPS

- **Group counseling**
  ...led by CAPS therapists, provide safe spaces to work on issues with others who have similar concerns.
  health.cornell.edu/groups

**Psychiatry**

...services, including prescriptions and medication management, require a referral from a CAPS therapist.
  health.cornell.edu/CAPS

**Meet the CAPS staff:**
  health.cornell.edu/CAPSstaff

**Referrals to other campus resources**

**Referrals to community resources**

...for longer-term support or specialty care

Students can also be referred to CAPS services from their primary care providers during a medical visit.
What to Know About the CAPS Staff at Cornell Health...

We care about you!
Our Counseling & Psychological Services (CAPS) staff includes diverse professionals trained to respond to a full range of mental health concerns.

Who we are
There are 43 of us (3 new positions for this year!). We come from diverse cultural, national, personal, spiritual, and clinical backgrounds:

- Clinical Social Worker (LCSW, LMSW)
- Psychologist (PhD, PsyD)
- Psychiatrist (MD)
- Psychiatric Nurse Practitioner (NP, MSN)
- Nurse (RN)
- Educator

Last year, CAPS providers saw 22% of the Cornell student body for a total of 26,000 in-person and virtual visits.

Read our Bios: health.cornell.edu/CAPSstaff
Your Primary Care Provider (PCP) is interested in ALL aspects of your health and well-being, including your mental health. Developing an ongoing relationship with your PCP can help you thrive at Cornell.

How we can help
Your physical and mental health are related. You may experience emotional distress when your body is affected by illness or injury. Other times, your physical symptoms – like headaches or stomach upset – are the result of stress or other emotional distress.

The 20 PCPs at Cornell Health are concerned about your whole well-being. All of our PCPs are credentialed medical clinicians – physicians (MDs, DOs), physician assistants (PAs), and nurse practitioners (NPs) – with a passion for working with college students.

PCPs are supported by teams including nursing staff, behavioral health consultants, nutritionists, and others who collaborate to provide you with high-quality care.

Areas you may want to explore with your PCP include • sleep difficulties • concerns about nutrition • overuse of alcohol, nicotine, social media, exercise, etc. • problems with sexual well-being • difficulty managing emotions • stress caused by illness or injury

To make an appointment with your PCP:
Call 607-255-5155 or schedule online at myCornellHealth (from any page at health.cornell.edu)
Peer Support Works!

EARS (Empathy, Assistance & Referral Service) offers peer counseling to all students. It is anonymous, free, and confidential.

How to connect
By phone: 607-255-EARS (5-3277)
Stop by: 213 Willard Straight Hall
EARS is open 7 days a week when Cornell is in session:
- Sunday–Thursday 3:00–10:30 PM
- Friday 3:00–10:00 PM
- Saturday 6:00–10:00 PM

What to expect
EARS is staffed by undergraduate and graduate student counselors.
When you contact EARS, a peer counselor will help you explore your concerns, and sort through your different options so you can decide on next steps.
Most people who call EARS find it extremely helpful to talk through an issue with a non-biased peer.

Bookmark the site:
ears.dos.cornell.edu

“EARS puts things in perspective, because it gives us a safe space to talk about our issues and reminds us that we don’t have to deal with things on our own.”
—Aislyn DiRisio, ‘16, EARS Counselor
Visit caringcommunity.cornell.edu for a comprehensive list of resources that can help you thrive at Cornell, and support you during times of stress.

What you’ll find
Cornell is a caring community. This campus is full of staff, faculty, and students who are here to help you thrive at Cornell.

The “GET HELP” page on the caring community website includes resources that can support ALL dimensions of your health and well-being throughout your time at Cornell:

- physical
- social
- emotional
- academic
- spiritual
- family

No matter what’s stressing you out, there’s help available...

- Coping with Emotional Distress
- Supporting Your Physical Well-Being
- Helping a Friend
- Navigating a Personal or Community Crisis
- Exploring Identity
- Making Meaning in Tough Times
- Finding Spiritual Support
- Forming Social Connections
- Managing Financial Concerns
- Getting Help With Academics
- Navigating Family Issues/Concerns
- Reporting a Problem

caringcommunity.cornell.edu
• Diversity & Inclusion, (Office of the DOS): 607-255-3693
• Global Learning (for international students): 607-255-5243
• LGBT Resource Center: 607-255-4406
• Office of the Dean of Students (DOS): 607-254-8598
• Religious Affairs (CURW): 607-255-4214
• Residential & New Student Programs: 607-255-5533
• Sororities & Fraternities: 607-255-2310
• Student Disability Services: 607-254-4545
• Title IX Coordinator: 607-255-2242
• Victim Advocacy: 607-255-1212
• Academic Advising & Student Services (there’s one in every college)
• Learning Strategies: 607-255-6310
• Bias (concerns/reporting): 607-255-1426
• Sexual Violence (concerns/reporting): SHARE.cornell.edu

See more: caringcommunity.cornell.edu
• Advocacy Center of Tompkins County (confidential support, advocacy, and resources related to sexual assault & relationship violence): 607-277-5000

• Alcohol & Drug Council of Tompkins County: 607-274-6288

• Cayuga Medical Center (hospital & emergency care): 607-257-1126

• Family & Children’s Services (longer-term counseling / specialty care with private therapists): 607-273-7494

• Local Crisis Line (staffed by Suicide Prevention & Crisis Services): 607-272-1616

• Tompkins County Mental Health: 607-274-6200

See more: caringcommunity.cornell.edu