

How to Access Mental Health SUPPORT At Cornell

 <p>Let's Talk support from Cornell Health counselors at drop-in sites across campus health.cornell.edu/LetsTalk</p>	 <p>Cornell Health counseling, psychiatry, & primary care medical services health.cornell.edu 607-255-5155 (24/7)</p>
 <p>EARS peer counseling & referral by phone or in person 607-255-3277 (5-EARS) ears.dos.cornell.edu</p>	 <p>Caring Community a comprehensive list of campus resources for health & well-being caringcommunity.cornell.edu</p>

What to Know About "Let's Talk"...



Let's Talk

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

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

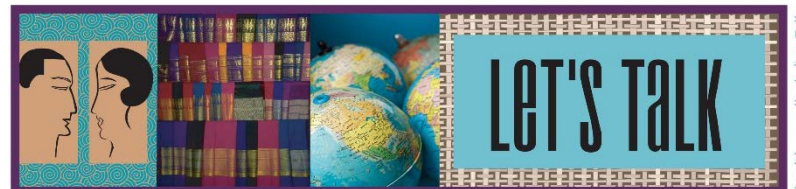
Get more resources:

caringcommunity.cornell.edu

No problem is too big or too small. Students talk about...

- 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

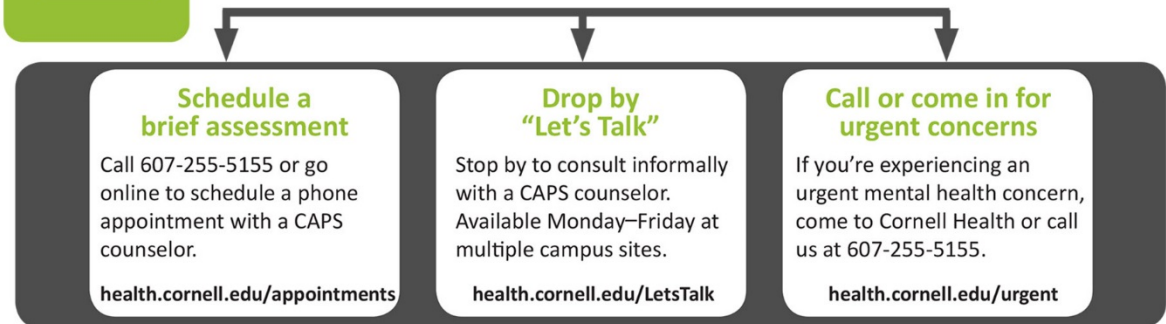


How to Access Mental Health Services at Cornell Health...



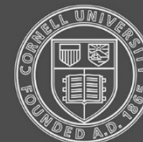
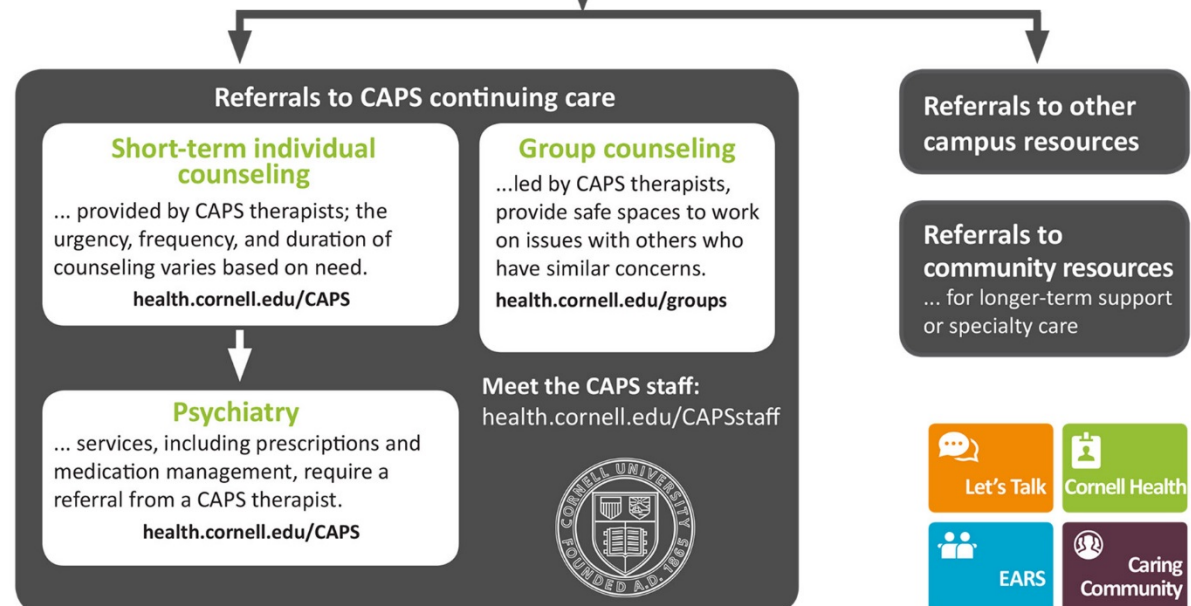
Start with any of these options...

to connect with our Counseling and Psychological Services (CAPS) services



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

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.

To make an appointment with your PCP:

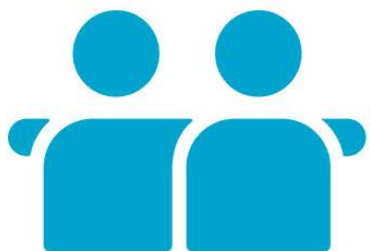
Call 607-255-5155 or schedule online at myCornellHealth (from any page at health.cornell.edu)

Your PCP is here for you ...

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

Your
Mental
Health
Matters
to Your
Primary
Care
Team at
Cornell
Health...





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

Reach out by phone or stop by to talk one on one...

“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



What to Know About EARS Peer Counseling

EARS
We Hear You



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



caringcommunity.cornell.edu

What to Know About Caring Community at Cornell...



- **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](https://share.cornell.edu)

See more:
caringcommunity.cornell.edu

Other Helpful Resources at Cornell

Emergencies 911
Cornell Police 255-1111

- **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

Other Helpful Ithaca- Area Resources

Emergencies 911
Cornell Police 272-9973