Despite the services and support I so freely gave to others as an ally of the disability community, I denied myself of and was ashamed to receive help when I began to struggle with mental illness a couple of years ago. Half a year passed before I let my family or even close friends know of my health. I was scared of the shame, the labels, and the stigma – the very issues I worked to improve at Cornell. People often say that before you can help others, you first have to help yourself. And while this is largely true, I have learned there is still merit in helping others from a similar place of vulnerability and imperfection. Many students before me have bravely shared their experiences with mental health – experiences that lay just beneath the “I-have-my-life-together” exterior that we as Cornellians struggle to effortlessly maintain. With the constant support of CAPS, ILR Office of Student Services, and friends, I have found my voice again as I write and speak publicly about mental health stigma and awareness. And while it is difficult at times, I will continue to speak authentically and unashamedly because I am so privileged. I am privileged to have found my life and passion in advocating for the disability community, an inclusive community that recognizes and supports the capabilities and potential of all individuals in society. Despite the services and support I so freely gave to others as an ally of the disability community, I denied myself of and was ashamed to receive help when I began to struggle with mental illness a couple of years ago. Half a year passed before I let my family or close friends know of my health; I was scared of the shame, the labels, and the stigma — the very issues I worked to improve at Cornell.” – Teresa Danso-Danquah

Services and support are available to help Cornell students address a range of issues impacting health and well-being.

Cornell Health Counseling & Psychological Services
professional counseling & support
607 255-5155
health.cornell.edu/CAPS

ILR Office of Student Services
101 Ives Hall
services and support for undergraduates in the ILR School
ilr.cornell.edu/students/office-student-services

Additional resources: caringcommunity.cornell.edu

This campaign was developed by Cornell students... for Cornell students.