

"I'm Fine..."

ARE
YOU
REALLY?

Go deeper

BENEATH THE SURFACE

"I began to struggle with mental illness a couple 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



Beneath The Surface

Additional resources: caringcommunity.cornell.edu

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

