"I'm Fine..."

my family or even labels, and the stigm say that before you calargely true, I have lear vulnerability and imperfeexperiences with mental together" exterior that we constant support of CAPS, I voice again as I write and sp And while it is difficult at tim edly because I am so privilege advocating for the disability co support the capabilities and po and support I so freely gave to a myself of and was ashamed to r illness a couple of years ago. Hal friends know of my health. I was very issues I worked to improve at others, you first have to help your there is still merit in helping others tion. Many students before me has health – experiences that lay just be that we as Cornellians struggle to effect of CAPS, ILR Office of Student Service. I write and speak publicly about mental heal is difficult at times, I will continue to speak am so privileged. I am privileged to have for the disability community, an inclusive comr capabilities and potential of all individuals in I so freely gave to others as an ally of the di was ashamed to receive help when I began of years ago. Half a year passed before I let my health. I was scared of the shame, the la worked to improve at Cornell. People often first have to help yourself. And while this is

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ARE YOU REALLY?

Go deeper

ain as I write and s bile it is difficult a I am so privile disability o Vities and

is difficult at times, I will continue to speak authentiam so privileged. I am privileged to have found my life an the disability community, an inclusive community that recognic capabilities and potential of all individuals in society. Despite the I so freely gave to others as an ally of the disability community, I den was ashamed to receive help when I began to struggle with mental ill of years ago. Half a year passed before I let my family or even close frien my health. I was scared of the shame, the labels, and the stigma – the very worked to improve at Cornell. People often say that before you can help oth first have to help yourself. And while this is largely true, I have learned there merit in helping others from a similar place of vulnerability and imperfection. students before me have bravely shared their experiences with mental health ences that lay just beneath the "I-have-my-life-townher" exterior that we as lians struggle to effortlessly maintain. With the variant support of CAPS, ILI

lians struggle to effortlessly maintain. With the of Student Services, and friends, I have found m publicly about mental health stigma and awarene will continue to speak authentically and unasham privileged to have found my life and passion in adv nity, an inclusive community that recognizes ans su of all individuals in society. Despite the services and

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

