



There's no shame  
in asking for help!

Need to talk?

2021

**Free & Confidential Talk/Text Resources:**

**Cornell Health: 607-255-5155 (24/7 phone consultation)**

Support for Cornell undergraduate, graduate, and professional students

**Crisis Text Line: Text Hello to 741741**

Text with trained crisis counselors 24/7

**NY Project Hope Emotional Support Helpline: 1-844-863-9314**

Trained crisis counselors help New Yorkers cope with COVID-19, Hours: 8 AM to 10 PM, 7 days/week

**National Suicide Prevention Lifeline: 1-800-273-TALK (8255)**

Speak with trained crisis counselors 24/7

**Steve Fund Crisis Text Line: Text STEVE to 741741**

Especially for people of color: text with trained crisis counselors 24/7