

A world map with various countries colored in different shades. The text 'Counseling & support' is overlaid in large, bold, dark blue letters.

# Counseling & support

## for students registered outside NY State

Cornell Health is partnering with Workplace Options' Student Assistance Program (“WPO”) to give students outside of New York State – in the U.S. or in an international location – access to counseling and support during the COVID-19 pandemic.

Through WPO, students can connect with local counselors in their state or country for no charge. WPO's services are designed to supplement care students can receive by finding local providers through their health insurance networks.

### **WPO services include:**

- Supportive individual counseling with a provider in your area (up 6 sessions per concern per year)
- Extended sessions of specialized care available to those with diagnosed anxiety or depressive disorders
- Referrals to specialists for mental health concerns not able to be resolved through WPO sessions
- Virtual group counseling
- Web-based assessments, stress management resources, and webinars
- Life coaching

### **WPO services are:**

- Available to Cornell University and Cornell Tech distance-learning students who are registered outside of New York State
- Free and confidential
- Offered in 184 countries (including the U.S.), with website information available in 27 languages

### **To use WPO's services:**

Students who are eligible for WPO services will receive a secure message from Cornell Health with instructions about how to access care. Log in to myCornellHealth from health.cornell.edu, and click on “Messages.” If you have any questions, please email us at [cornellhealth@cornell.edu](mailto:cornellhealth@cornell.edu).

**[health.cornell.edu /wpo](https://health.cornell.edu/wpo)**

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