

Alcohol & Other Drug Services

Support from Cornell Health

Cornell Health provides services and support for students who want to explore or change their relationship with alcohol or other drugs (AOD), cut back on their use, quit altogether, or maintain their abstinence / sobriety.

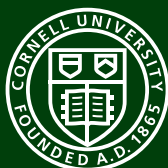
AOD services

- **AOD Support Sessions** to help students explore the impacts of their substance use, develop a personalized action plan, and identify resources for support
- **Group counseling** on topics related to habit change, harm reduction strategies, and/or abstinence-based recovery
- **Workshops** to help students better understand and manage their alcohol, cannabis, and/or nicotine use
- **BASICS** (Brief Alcohol Screening & Intervention for College Students), a two-session assessment and feedback process that helps students evaluate their own alcohol or other drug use
- **Tobacco / nicotine cessation support** including guidance, pharmacy services, and Quit Kits
- **Individual counseling** to help students understand how substance use may be impacting (or impacted by) their mental health, and explore ways to increase their well-being
- **Referrals** for students who would like help getting connected with off-campus treatment

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AOD services have no charge – with the exception of individual counseling appointments and medical appointments, which have a \$10 visit charge.

How to get care at Cornell Health

Visit our Alcohol & Other Drug Services webpage to learn more about our services and how to connect with support: health.cornell.edu/AOD.

Most AOD-related appointments can be scheduled by logging in to myCornellHealth (accessible from any page of health.cornell.edu). Students with questions can also send a secure message to one of our AOD Counselors for additional information.

Other campus & community resources

Other support options at Cornell and in Ithaca – including Alcohol Anonymous meetings – are listed on our website at health.cornell.edu/AOD.

Learn more about AOD

AOD information:

Visit the AOD Resources section of our website for information about how to identify an AOD problem, strategies for reducing risks, what to do in an AOD emergency, AOD rules and policies, and more: health.cornell.edu/AOD-resources.



Services at Cornell Health:

Visit our Alcohol & Other Drug Services webpage to learn more about services offered at Cornell Health: health.cornell.edu/AOD.

