

*Helping you live
well to learn well*

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Mental Health Support

As a Health Promoting Campus, Cornell has numerous resources available to help support your mental health and well-being. If you ever find yourself struggling – or just feel you could benefit from support – here's where to start.

Cornell Health services

The following services are provided by professional therapists in Cornell Health's Counseling & Psychological Services (CAPS) department – with the exception of medication management services, which are provided by members of our Medical and Psychiatry teams.

Let's Talk drop-in consultation

Students can drop in to consult informally with a CAPS counselor to discuss specific concerns, learn about available support, and explore whether counseling might be a good fit for them. Let's Talk hours are offered every day during the semester at various campus locations, and by Zoom.
health.cornell.edu/letstalk

Individual counseling

CAPS counselors provide one-on-one therapy to help students address common mental health concerns and conditions so they can get the most out of their time at Cornell.
health.cornell.edu/counseling

Group counseling

Each semester CAPS offers counseling groups on a variety of topics, such as anxiety, depression, mindfulness, eating concerns, and substance use.
health.cornell.edu/groups

Community-based services

CAPS Embedded Therapists and Community Liaisons deliver clinical and educational services within academic and student community centers.
health.cornell.edu/community-based-services

Workshops

CAPS-led workshops are offered throughout the semester to help students learn skills and practices to manage stress, prioritize self-care, and support their well-being.
health.cornell.edu/workshops

Medication management

Members of Cornell Health's Medical and Psychiatry teams can provide students with mental health medication evaluation and prescriptions.
health.cornell.edu/mh-meds



Cornell Health's caring staff members are here to help you live well to learn well at Cornell.

Referrals

CAPS counselors can assist with referrals to off-campus providers for students looking for long-term counseling options and specialty services.
health.cornell.edu/referrals

24/7 phone consultation

Students can call Cornell Health 24/7 to consult with a member of our staff or a therapist from our on-call service: 607-255-5155.

How to connect with care

Appointments

The first step to getting connected with most CAPS services is to schedule a free 25-minute "access appointment." Access appointments can be scheduled online through myCornellHealth or by calling 607-255-5155.

Drop-in services

Let's Talk and CAPS workshops are offered on a drop-in basis and do not require an appointment.

Cost for care

Students have a \$10/visit charge for individual counseling appointments and medication management appointments. There is no cost for other mental health support offered at Cornell Health. Visit health.cornell.edu/costs for details, including information about billing and insurance.

Eligibility for services

All students on Cornell's Ithaca campus – as well as those studying in nearby Geneva – can access mental health care at Cornell Health. Students receiving telehealth services must be in Ithaca or Geneva at the time of care.

Confidentiality

Mental health services provided by Cornell Health is confidential. Learn more at health.cornell.edu/confidentiality.



More resources to support your well-being

Well-being programs

Cornell Health staff members, in collaboration with campus partners, provide the following programs to help students flourish at Cornell.

Well-being Coaching

Well-being Coaches work one-on-one with students to help them identify and work toward their well-being goals, maximize their strengths, navigate barriers, and connect with support and resources.

health.cornell.edu/coaching

Let's Meditate

Half-hour guided "Let's Meditate" sessions are offered weekly during the semester, with both in-person and online options available.

health.cornell.edu/meditate

Nature Rx

Cornell Health providers recommend that students spend time in nature to boost their health and well-being.

naturerx.cornell.edu

Other Campus resources

Mental Health at Cornell website

The university's Mental Health at Cornell website lists campus-wide options for support, as well as ways to practice self-care, help others, and get involved on campus.

mentalhealth.cornell.edu

EARS peer support

Student members of EARS (Empathy, Assistance & Referral Service) provide peer mentoring, workshops, and trainings to support the campus community.

earscornell.org

Tips to support your well-being

Practicing the following strategies can have concrete benefits for your mental health and well-being, and help support your academic success.

- **Prioritize self-care:** Aim to get 8 hours of sleep each night. Fuel your body with nourishing food. Try to get some exercise or move your body every day.
- **Establish a time management strategy:** Staying organized goes a long way to staying on top of your coursework and keeping stress in check. Be sure to build in time for fun and relaxation.
- **Find healthy ways to manage stress:** Stress is a normal part of life. Some stress can be motivating and help us achieve our goals, but too much stress limits our ability to function at our best. Find stress management strategies that work for you: learn to meditate; spend time in nature; exercise; or pursue an interest or hobby just for fun.
- **Connect with others:** Cultivating social connections is one of the best ways to build resilience and thrive at Cornell. Join a student club. Enjoy meals with friends. Volunteer. Find other ways to get involved on campus.
- **Learn when to ask for help:** Everyone can benefit from support from time to time, and it's a sign of strength to learn when it's time to ask for help. If you ever find yourself struggling, please don't hesitate to reach out. You can start with the resources listed here.

Student Support & Advocacy Services

Students and other Cornell community members, as well as family members, can contact Student Support & Advocacy Services for assistance getting connected with support or sharing concerns about a student.

scl.cornell.edu/student-support

Public Safety Communications Center

For 24/7 support in a mental health, medical, or drug/alcohol-related incident, call Cornell's Public Safety Communications Center (607-255-1111). In an emergency, call 911.

publicsafety.cornell.edu