



Support for Athletes

***Even highly accomplished student-athletes
can benefit from mental health resources ...***

Your mental health matters

Caring for your mental health and well-being is as important as nourishing and strengthening your physical body. Below, are resources for support.

Cornell Health Resources

- **24/7 phone consultation:**

Medical and mental health providers provide support; 607-255-5155 (Press #2 for CAPS)

- **Counseling & Psychological Counseling (CAPS)**

Individual counseling:

- **25-min. appointments in the next 24 hrs.**

- Schedule online (log in to myCornellHealth (24/7) from health.cornell.edu)
- Call 607-255-5155 or stop by Cornell Health during business hours

- **25-min appointments 24+ hrs in the future:**

- Call 607-255-5155 or stop by Cornell Health during business hours

- **Follow-up appointments:**

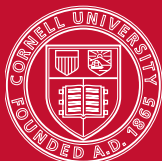
- Scheduled by your counselor when needed

Group Counseling: Often the best form of support for many college health concerns. See the full list of groups: health.cornell.edu/groups

“Let’s Talk” walk-in consultations: Free drop-in consultation with CAPS counselors Mon.–Fri. (Teagle, Rm 204 has hours on Mondays 12–2PM.) View the full schedule: health.cornell.edu/LetsTalk

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- **Primary Care Medical Visits**

Students can receive mental health support, and connection with other support resources such as Behavioral Health Consultants (BHC). These visits be scheduled through your team physician.

- **Medication Management**

Both CAPS psychiatrists and primary care medical clinicians can assess a student's need for medication related to mental health concerns and provide access to prescriptions. Students can receive these services at Cornell Health whether or not they receive CAPS counseling.

Other Campus Resources

- **EARS Peer Counseling**

Support for undergraduate, graduate, and professional students; 607-255-3277 (EARS); in person support at Willard Straight Hall

- **Cornell Minds Matter**

This student group helps you to deal with stress, cultivate balance, and a growth mindset.

- **Cornell United Religious Work (CURW)**

Pastoral counseling and support; dos.cornell.edu/cornell-united-religious-work

Off-Campus Resources

- **Text Counseling**

Text "HOME" to 741741 or, for students of color, text "STEVE" to 741741

- **National Suicide Hotline**

1-800-273-TALK

Additional Cornell resources can be found online at caringcommunity.cornell.edu/get-help

#DontBEARItAlone

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health.cornell.edu