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

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

#DontBEARIt Alone

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health.cornell.edu