# Cornell Mental Health Resources Guide 2022-23

*Created for and by students & includes links directly to resources*

## For Immediate Help

<table>
<thead>
<tr>
<th>Organization</th>
<th>Description</th>
<th>Contact</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Cornell Health</strong></td>
<td>A 24/7 confidential phone consultation line with a medical or mental health care provider.</td>
<td>607-255-5155</td>
</tr>
<tr>
<td><strong>Community Response Team</strong></td>
<td>On campus hotline team that responds to the needs of students approaching them with an understanding of mental health to help de-escalate conflict or a distressing moment and provides partnership with CUPD when welfare check is requested.</td>
<td>607-255-1111</td>
</tr>
<tr>
<td><strong>Advocacy Center of Tompkins County</strong></td>
<td>24/7 local support and resources related to relationship violence and sexual assault</td>
<td>607-277-5000</td>
</tr>
<tr>
<td><strong>Suicide and Crisis Line in Ithaca</strong></td>
<td>Local 24/7 confidential hotline service sponsored by Suicide Prevention and Crisis Service.</td>
<td>607-272-1616</td>
</tr>
</tbody>
</table>

## Student Organizations

<table>
<thead>
<tr>
<th>Organization</th>
<th>Description</th>
<th>Contact</th>
</tr>
</thead>
</table>
| **EARS** | Provides training, workshops, and outreach to promote mental health, well-being, and help-seeking at Cornell. | Instagram: @cornell_ears  
Email: ears@cornell.edu |
| **Cornell Minds Matter** | Promotes mental health awareness and emotional well-being through club meetings and events for all Cornell students. | Instagram: @cornellmindsmatter  
Email: mindsmatter@cornell.edu |
| **Body Positive Cornell** | Peer-led groups through Cornell Health and club working to create positive change regarding body image and mental health. | Instagram: @bodypo0itivecornell  
Email: bodypositivecornell@gmail.com |
| **Cornell Reflect** | Provides students with a forum to speak and reflect openly about student life and well-being at Cornell. | Facebook: @ReflectatCornell  
Email: cornellreflect@reflecteffect.org |
| **Nature RX** | A movement to get Cornell students in nature for improved overall well-being and mental health. | Instagram: @naturerx.cornell  
Email: ct265@cornell.edu |
| **The Yellow Paint Society** | A community that promotes mental health and well-being for the Cornell community through art. | Instagram: @yellowpaintsociety |
| **B.O.S.S. Cornell** | Fosters genuine relationships between womxn of color and community service. Hosts annual mental health summit for womxn and primarily womxn of color. | Instagram: @bebossy20  
Email: bebossy.cornell@gmail.com |
| **Cornell Vet Student Wellness Initiative** | Advocates for the well-being of veterinary students and professionals with self-care and wellness resources. | Instagram: @cornellvetwellness  
Email: cornellvetwellness@gmail.com |
Centers on Campus & Student Support

**Office of the Dean of Students** M/F 8-5
Supports students' personal, social, and intellectual growth at Cornell.
207 Willard Straight Hall | 607-255-1115 | dean_of_students@cornell.edu

**Asian and Asian American Center (A3C)** M/F 9-5
Serves as an advocate for students and strives to be a welcoming place on campus that brings together the rich diversity of Asian, Pacific Islander, and Desi Americans student experiences into its programs.
626 Thurston Ave, Second Floor | 607-255-7708 | aaac@cornell.edu

**First Generation & Low Income Support**
Fosters an educational environment for FGLI students to succeed and thrive at Cornell.
626 Thurston Ave. Room 305 | 607-254-1288 | sc2973@cornell.edu

**LGBT Resource Center** M/F 9-5
A safe and welcoming space for LGBTQ+ students and allies of all identities, backgrounds, and experiences.
626 Thurston Ave. 3rd Floor | 607-254-4987 | lgbtrc@cornell.edu

**Multicultural Student Leadership and Empowerment**
Supports students and student organizations with a commitment to increasing cross-cultural awareness and competency, fostering an inclusive campus environment.
626 Thurston Ave. | Contact Patricia Gonzalez (607) 255-3270 | msle@cornell.edu

**Office of Spirituality and Meaning-Making**
Supports all Cornell students - regardless of their religious or ethical background - in deepening their beliefs and discovering a sense of meaning and purpose.
118 Anabel Taylor Hall | (607) 255-4214 | osmm@cornell.edu

**The Tatkon Center**
Offers programs for first years that foster academic & career exploration, health & well-being, student connectedness, and interaction with older student mentors.
101/103/105 Robert Purcell Community Center | Contact Director Taylor Bourrad (tb533).

**Learning Strategies Center** M-T 8:30-4:30, F 8:30-4
Academic support for undergraduates that encourages students to develop effective approaches to mastering the academic rigors of Cornell
420 Computing and Communications Building, Garden Avenue Extension | 607-255-6310 | learningstrategiescenter@cornell.edu

**Akwe:kon Program House**
Provides a caring and memorable living and learning experience to celebrate Indigenous culture and heritage.
125 Triphammer Road, Ithaca, NY | Contact Jordan Buffalo, Residence Hall Director jb2568@cornell.edu | Instagram: @akwekon

**Latino Living Center**
Welcomes students from many cultural backgrounds and provides a supportive environment where Latina/o cultures & worldviews are valued.
Anna Comstock Hall | 607-254-5111 | Contact Iván Solís Cruz, Residence Hall Director js3322@cornell.edu | Instagram: @llc_cornell

**Loving House**
LGBTQ+ living space that is inclusive to all intersections of identity.
172 Cradit Farm Road | (607) 254-2363 | Contact Taylor Bouraad, Residence Hall Director tb533@cornell.edu | Instagram: @culovinghouse

**Ujamaa Residential College**
A cultural center where students can learn about the African Diaspora while living with students from various backgrounds.
68 Sisson Place | Jallissa Elias, Residence Hall Director Jh2643@cornell.edu | Instagram: @uj.cornell

**Cornell United Religious Work**
Affiliated campus ministry programs that support religious needs for Catholic/Christian, Hindu, Jewish, Muslim, and other students.
Anabel Taylor Hall | (607) 255-4214 | curw@cornell.edu

**Student Disability Services** M, T, Th, Fri 8:30-5, W 10-5
Administers academic and environmental accommodations and services for students with disabilities.
110 Ho Plaza, Cornell Health Level 5 | 607-254-4545 | sds_cu@cornell.edu

**Office of Academic Diversity Initiatives** M-F 9-4
Provides academic and professional-development support and resources for undergraduate students who are traditionally underrepresented and/or underserved in higher education.
200 Computing and Communications Center (CCC), 235 Garden Ave (located on the west end of the Ag Quad.) | 607-255-3841 | OADI@Cornell.edu
The Professional Academic Advising Community (PAAC) is comprised of more than 125 student-facing professionals across campus, who strive to support all Cornell students in a variety of ways throughout their time at Cornell.

College of Agriculture and Life Sciences (CALS) Office of Student Services
Email: cals-studentservices@cornell.edu
Schedule a Virtual Appointment

College of Architecture, Art and Planning (AAP) Office of Student Services
Email: aap-studentservices@cornell.edu
Schedule a Virtual Appointment

College of Arts and Sciences (A&S) Office of Student Services
Office of Student Services Email: as-studentservices@cornell.edu
Schedule a Virtual Appointment

SC Johnson College of Business Student Services
Dyson Office of Student Services Email: dyson_oss@cornell.edu
School of Hotel Administration Office of Student Services: ha-advising@cornell.edu
Johnson MBA Student Services: mbastudentservices@johnson.cornell.edu
Schedule a Virtual Appointment

College of Engineering (ENG) Office of Student Services
Office of Student Services: adv_engineering@cornell.edu
Schedule a virtual appointment

College of Human Ecology (CHE) Office of Student Services
Office of Student Services: humec_students@cornell.edu
Schedule a virtual appointment

College of Veterinary Medicine (CVM)
Email: vet_sas@cornell.edu
Schedule a virtual appointment with CVM Student and Academic Services

The ILR School
Email: ilr_oss@cornell.edu

Cornell Law School
Email: law.dos@cornell.edu
Schedule an Appointment with the Dean of Students

Graduate School
Office of Student Services: gradstudserv@cornell.edu
Associate Dean: jan.allen@cornell.edu

School of Continuing Education and Summer Sessions
Advising: Registrar, Emily Ivory
Email: cusce@cornell.edu, Phone: 607.255.4987

Office of Undergraduate Biology
Email: bioadvising@cornell.edu
Schedule a virtual appointment

Office of Academic Diversity Initiatives
Email: OADI@cornell.edu
Schedule a Virtual Appointment

Undocumented and DACA Support
Email Associate Director Christian Abigail Gonzalez: cag278@cornell.edu

Student-Athlete Support Services
Email: alm7@cornell.edu

Cornell University Veteran Advisor
Email: sva@cornell.edu

Graduate School Office of Inclusion and Student Engagement
Email: grad_assoc_dean@cornell.edu
Cornell Health Initiatives

CAPS Group Counseling (Free)
CAPS counselors offer free weekly support groups and group therapy sessions on a wide range of topics.

"Let's Talk" Drop-In Consultation (Free)
Speak informally with a CAPS counselor for 20-25 min by stopping by “Let's Talk,” available over Zoom with times linked on their website.

Let's Meditate
Free, guided, mindfulness meditation series sponsored by Cornell Health, in collaboration with numerous campus partners.

Mental Health Resources
Hand-picked articles, videos, exercises, and online resources by CAPS staff to provide information for students interested in self-help strategies, and support for students who may be waiting to see a counselor.

Mental Health Resources for Students of Color
Features identity resources, student groups, and additional resources to help students thrive personally and academically.

Refresh: Cornell's Sleep Program
Aims to provide students with the skills and strategies to achieve more restful nights. Enrollment is open on their website.

Nutrition and Healthy Eating Services
Comprised of Cornell Health nutritionists, medical providers, behavioral health providers, and counselors who work together to provide integrated support for students with eating disorders or eating concerns.

Sponsors & Where You Can Get Involved

[Logos of sponsors: body positive cornell, EARS, reflect cornell, Cornell MINDS MATTER]