

# Want to talk or text with someone confidentially?

## Local and National Talk-lines

- Cornell Health On-call Counselors (24/7)  
**607-255-5155 option #2**
- EARS Peer Counselors (Sunday through Thursday, 3-10:30 p.m.; Friday 3-10 p.m.; and Saturday 6-10 p.m.) **607- 255-EARS (3277)**
- Local Talk/Crisis-line (24/7)  
**607-272-1616**
- Ithaca Advocacy Center Talk/Crisis-line (sexual or domestic violence) 24/7 **607-277-5000**
- National Talk/Crisis-lines (24/7)
  - **1-800-273-TALK (8255)**
  - *Trevor Lifeline at 1-866-488-7386 (LGBTQ)*

## National Text-lines

- Text **HELLO to 741741** to connect with a trained *crisis counselor*
- Text **STEVE to 741741** to connect with a trained *crisis counselor of color*
- Text **START to 678678** to connect with a confidential Trevor counselor (**LGBTQ**)
- National suicide prevention lifeline **CHAT**  
<https://suicidepreventionlifeline.org/chat/>

## Between Session Resources

The following **articles, videos, exercises, and online resources** have been hand-picked by our CAPS staff to provide information for students exploring self-help strategies, and support for students who may be waiting to see a counselor. We also invite you to explore our [Health Topics](#) section and our [Fact Sheet Library](#) for additional resources.

Want to speak with a counselor today? You can stop by a [Let's Talk](#) site any day Monday–Friday to consult informally with a CAPS provider. *(Note: availability decreases during university breaks).*

If you are experiencing an urgent mental health concern, please do not hesitate to call us 24/7 at 607.255.5155.

Academic / career concerns	▼
Acceptance and Commitment Therapy (ACT)	▼
Alcohol & other drugs (AOD)	▼
Anger	▼
Anxiety	▼
Assertiveness	▼
Attention Deficit (ADD/ADHD)	▼
Autism spectrum	▼
Bipolar	▼
Cognitive Behavioral Therapy (CBT)	▼
Depression	▼
Distress tolerance	▼
Eating / body image concerns	▼
Emotion regulation	▼
Grief	▼
Happiness & well-being	▼
Homesickness / New student transition	▼
Internet / technology / video game addiction	▼
Introversion	▼
LGBTQ+	▼
Men & mental health	▼
Meditation / mindfulness	▼
OCD	▼
Perfectionism	▼
Procrastination	▼
Race / ethnicity / culture	▼
Relationship / communication issues	▼
Self-care / self-soothing	▼
Self-compassion	▼
Self-injury	▼
Sexual assault	▼
Shame	▼
Sleep issues	▼
Stress management	▼
Suicide	▼
Time management	▼
Tolerating uncertainty	▼
Trauma	▼
Unhealthy relationships	▼

## Anxiety

- > [Anxiety information / resources \(Cornell Health\)](#)
- > [Managing anxiety and panic \(pdf\) \(Cornell Health\)](#)
- > [Anxiety introduction / self-help](#)
- > [Scheduling "worry time"](#)
- > [How to stop ruminating](#)
- > [Using exposure to lessen anxiety \(pdf\)](#)
- > [Learning to manage anxiety demonstrations](#)
- > [Coping with panic attacks online workbook](#)
- > [Health anxiety online workbook](#)
- > [Test anxiety](#)

## Depression

- > [Depression information / resources \(Cornell Health\)](#)
- > [The depression cycle fact sheet \(Cornell Health\)](#)
- > [10 tips for dealing with depression in college](#)
- > [Coping with depression online workbook](#)
- > [Cognitive Behavioral Therapy manual for those with depression \(pdf\)](#)
- > [Depression - The secret we share \(TED talk\)](#)
- > [How to get stuff done when you're depressed \(TED Talk\)](#)
- > [How to stop being overwhelmed by depression / mania - free online course](#)
- > [Living successfully with a mood disorder - free online course](#)
- > [9 ways to talk yourself out of unnecessary guilt](#)
- > [Mood tracking log \(Cornell Health\)](#)