

Mental Health and Well-being Support for You and Others

WHERE TO TURN FOR INFORMATION AND HELP



College of
Veterinary Medicine

Curiosity

Thoughts or expressed desire to learn more about how to support or enhance mental health and well-being

Anytime Resources



Resources for students



Resources for employees



Self-care resources for all

Concern or Urgency

Feeling or appearing consistently sad, or irritable; repeated absences or withdrawal; visible distress or marked anxiety; expression of hopelessness or suicidal thoughts

Daytime Resources M-F



Mentalhealth.cornell.edu
Help Others (for all)



Counseling & Psychological Services **607.255.5155**



Faculty & Staff Assistance Program **607.255.2673**

Weekend & After Hours Resources



Cornell Health 24/7 Phone Consultation (for students)



24/7 Help
(phone numbers & text lines for all)

Emergency

Immediate threat of harm to self or others; hostile, aggressive and/or defiant; expression of threats or escalating violence

24 Hours a Day



Cornell Campus Police
607.255.1111 or Call 911



24/7 Help or Call 988
(phone numbers & text lines for all)