

Cornell Mental Health

Resources Guide 2022-23

Created for and by students & includes links directly to resources

For Immediate Help

Cornell Health

A 24/7 confidential phone consultation line with a medical or mental health care provider.

607-255-5155

Community Response Team

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.

607-255-1111

Advocacy Center of Tompkins County

24/7 local support and resources related to relationship violence and sexual assault

607-277-5000

Suicide and Crisis Line in Ithaca

Local 24/7 confidential hotline service sponsored by Suicide Prevention and Crisis Service.

607-272-1616

Student Organizations

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: @bodypositivecornell

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 | aac@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

Academic Advising

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

