Notice those around you.

Make Cornell an even more caring community.

You can make a difference to someone in distress. Express your concerns. Help them find support.

Consider these resources for help managing stress, relationships, depression, family problems, etc.

- “Let’s Talk” off-site walk-in hours: www.gannett.cornell.edu/LetsTalk
- CAPS (professional counseling) appointments at Gannett: 255-5155
- EARS (peer counseling) schedule: www.dos.cornell.edu/EARS; 255-3277
- Cornell United Religious Work: 255-4214

Not sure where to turn?

Gannett phone consultation is available whenever you need advice.