



There's no shame
in asking for help!

Need to talk?

2021

Free & Confidential Talk/Text Resources:

Cornell Health: 607-255-5155 (24/7 phone consultation)

Support for Cornell undergraduate, graduate, and professional students

Crisis Text Line: Text Hello to 741741

Text with trained crisis counselors 24/7

NY Project Hope Emotional Support Helpline: 1-844-863-9314

Trained crisis counselors help New Yorkers cope with COVID-19, Hours: 8 AM to 10 PM, 7 days/week

National Suicide Prevention Lifeline: 1-800-273-TALK (8255)

Speak with trained crisis counselors 24/7

Steve Fund Crisis Text Line: Text STEVE to 741741

Especially for people of color: text with trained crisis counselors 24/7