



Mental Wellbeing



Resources to help you with self-awareness, hopefulness, and agility in dealing with life challenges.

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Counseling & Life Coaching



COUNSELING & LIFE COACHING

[Faculty and Staff Assistance Program](#) – free and confidential, support is available to benefits-eligible employees, retirees, and their spouse/partner

[eni Confidential Counseling Services](#) – free and confidential, 24 hours/day, 7 days/week

[Mental Wellbeing Conversations and Workshops](#) for Faculty & Staff - gatherings and resources for the Cornell community

[Cancer Support Group](#): On-campus monthly meetings for faculty, staff, students, and retirees who have been diagnosed with or have had cancer.

[Caregiver Support & Education Network](#) meets monthly on campus

[Cornell United Religious Work](#)

[Cornell Domestic Violence & Sexual Assault Resources & Support](#)

[Body Positive](#)

[Ithaca Transgender Group](#) - Cornell's LGBT Center, Ithaca College's LGBT Center, and Out for Health jointly support a transgender support group for people in the Ithaca area. The group is a confidential, peer-led support group. If you identify as transgender, gender-queer, or fall anywhere along the gender spectrum, you're welcome!

[Soup & Hope](#) - Dozens of Soup & Hope speakers have touched, inspired, motivated, and stirred the hearts of those who gather during the winter months at Sage Chapel.

Meditation and Relaxation



MEDITATION AND RELAXATION

[Meditation & guided relaxation offerings](#) by Cornell Wellness

[Let's Meditate Program](#) by Cornell Health

[Restorative spaces](#) on campus

Take a walk at [Cornell Botanic Gardens](#) to get fresh air and breathe

[Nature RX @Cornell](#)

Self-Care Resources



SELF CARE RESOURCES

[Taking Time Off](#) – options and resources for vacation, holidays, personal time off, caregiving, and leaves of absence

[Religious Accommodations](#)

[Flexible work arrangements](#) to align work and home responsibilities

CONFIDENTIAL RESOURCES

[Cornell Ombudsman's Office](#)

[Cornell Victim Advocate](#)

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