



Community Resources



Check this page regularly as content is updated frequently!

Also see:

- The [Employee Wellbeing Update](#) weekly newsletter for new articles and links to support employees, managers, and their families .
- Visit the [Parenting & Caregiving Resources](#) page with comprehensive support for families and caregivers.
- [Resources](#) for families in NYC by [Power of Two](#), updated frequently.

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Preparedness

Preparing yourself, household members, and your home for health and other emergencies is always a good thing to do. The Centers for Disease Control (CDC) offers this guidance at [Get Your Home Ready for COVID-19](#).

- [How to Protect Yourself from COVID-19](#) (CDC)
- [How to make a cloth face covering](#) and [when/how to wear it correctly](#) (CDC)
- [Pet preparedness](#) (NYC Emergency Management)
- [Options for Poor Wi-Fi or Cellular Service](#)

Physical, Emotional, and Mental Wellbeing

Health Plan Coverage Options

Please be aware of these benefit improvements and additions, including telemedicine, telecounseling, and financial assistance, now available to Cornell benefits-eligible employees.

[Special Benefit Considerations During COVID-19](#)

Additional Cornell Resources

- [ENI Confidential Counseling Services](#) – 1-800-327-2255 – provides services at no cost for up to three visits to benefits-eligible employees and family members. Available 24/7, licensed mental health professionals provide phone or in-person counseling for a variety of stressors and needs.
- [Faculty and Staff Assistance Program](#) – fsap@cornell.edu, 607-255-2673 - benefits-eligible employees, retirees, and spouses/partners may contact the FSAP by phone to obtain free support. If the volume of calls exceeds the FSAP's ability to respond in a timely fashion, please consider contacting ENI (above). FSAP is now offering virtual sessions for employees.
 - [Coping with the COVID-19 Pandemic](#) (pdf)– guidance from the Faculty and Staff Assistance Program
- [Cornell Wellness](#) – remote access to programs and services available, including new offerings for fitness, meditation, and more – wellness@cornell.edu, wellness.cornell.edu
 - [Virtual Wellness Resources List](#) - Explore the many ways to improve and/or maintain your physical wellbeing in the comfort and safety of your home for low to no cost. National and local resources for virtual sessions, videos, and Apps.
- [Office of the University Ombudsman](#) - The Office of the University Ombudsman offers a safe place where community members may discuss problems or issues within the University. Remote appointments available.
- [Cornell Cancer Support Group](#) – facilitated by the Cancer Resource Center of the Finger Lakes - Meets virtually the second Wednesday of each month, 11:45-12:45 pm. Open to faculty, staff, students, and retirees who have been diagnosed with any type of cancer. An opportunity to meet one another, create a community of support, and learn about resources.
- [Cornell Cooperative Extension](#) - online workshops, local food information, and family resources.

Domestic Violence & Intimate Partner/Family Violence Resources

- New York State Hotline 1-800-942-6906
- Residents of Tompkins County: [Advocacy Center of Tompkins County](#) 607-277-5000
- Child Development Council Warm Line – Confidential parenting help (Tompkins: 607-273-3141, Cortland: 607-753-0119)
- [New York Court System](#) Coronavirus Hotline – 833-503-0447
- [Safety Planning](#)
- [Clinic to End Tech Abuse](#) - NYC Campuses
- Text 1-844-997-2121 to get help from a domestic violence expert
- Visit [NYS Domestic Violence website](#) to chat privately with an expert

Substance Abuse

There are many reasons that substance abuse can increase in times of crisis – both the development of new substance abuse and a reoccurrence of past substance abuse. Providers and organizations (such as the ones below) remain available to support individuals and their family members:

- [Alcoholics Anonymous \(AA\)](#) - Virtual meetings
- [Alcohol & Drug Council](#), 607-274-6288 | Providing outpatient treatment, individual/group counseling sessions, and referrals.
- [Cayuga Addiction Recovery Services](#), 607-273-5500 | Accepting referrals, conducting assessments and appointments via telehealth, and open for admissions for residence care.
- [Finger Lakes Area Counseling & Recovery Agency](#), 833-435-2272 | Treatment and recovery services
- [NYC: Alcohol & Drug Use Resources](#)
- U.S. SAMHSA's National Helpline, 1-800-662-4357 | Confidential, free, 24/7, English and Spanish, for individuals and family members facing mental and/or substance use disorders.
- [Al-Anon and Ala-Teen](#), 607-387-5701 | for families and friends of alcoholics (virtual meetings)
- [Adult Children of Alcoholics](#) (ACA) | for adult children of alcoholics and/or otherwise dysfunctional homes (virtual meetings)

Community Resources

2-1-1 TOMPKINS/ CORTLAND IS NOW REACHABLE BY TEXT

Information and Referral Services now just a text message away!

Just text your **Zip Code** to
TXT211 or **898211**

Texting is available
**Monday – Friday from
9 AM to 4 PM**



2-1-1 Tompkins/Cortland is now reachable by text. Information and referral services now just a text message away! Just text your zip code to TXT211 or 898211. Texting is available Monday-Friday from 9 am to 4 pm. Call for free and safe rides to Tompkins testing site.

- [COVID - Tompkins Immediate Needs Facebook Group](#)
- [Suicide Prevention & Crisis Services](#) of Ithaca – call 607-272-1616 or 800-273-8255
- National Suicide Prevention Lifeline – 1-800-273-TALK

Food & Deliveries

Cornell Resources

- [Cornell Food Pantry](#)
- [CCE Listing of Tompkins County Food Assistance Programs](#)

Community Services

- [FoodNet Meals on Wheels](#) of Tompkins County – 607-266-9553, info@foodnet.org - various programs available to bring meals to seniors and/or individuals under the age of 60 who are ill and/or homebound. Fees vary. Find other Meals on Wheels services by searching NYConnects.ny.gov.
- [Emergency Food Delivery Request \(Tompkins County\)](#)
- [Press Bay Friendship Food Pantry](#) - Mondays from 3:00 – 5:00 pm
- Greater Ithaca Activities Center - Tuesdays and Thursdays from 1:00 -4:00 pm, Cornell distributes 45 lb food boxes containing non-perishables and sometimes perishables like frozen chicken cutlets, milk, and cheese. No application process or forms to complete. GIAC is located at 301 W. Court Street, Ithaca.
- [COVID-19 Food Resources in Tompkins County](#)
- [Food Sharing Cabinet Locations](#)
- [Neighborhood Food Hubs](#) - Friendship Donations Network

Finances & Utilities

Finances

- Cornell employees: [Navigating Personal Finances and Debt](#)

- [Tompkins Trust](#) offers digital banking and assistance for loan customers (deferments of up to 60-90 days)
- [Alternatives Federal Credit Union](#) – COVID 19 Resources, including 0% interest loans
- [Student Loans & COVID-19 Guidance](#) (U.S. Department of Education) - To provide relief to student loan borrowers during the COVID-19 national emergency, federal student loan borrowers are automatically being placed in an administrative forbearance, which allows you to temporarily stop making your monthly loan payment. This suspension of payments will last until Sept. 30, 2020, but you can still make payments if you choose.
- [CFCU Digital Banking](#) - CFCU Credit Union – digital banking and assistance for loan customers
- [Smartpath](#) – a financial wellness company offering COVID-19 financial wellbeing classes, webinars, and other tips.
- [Budget Worksheet and Financial Education Resources](#) and [one-to-one financial education support](#) from Cornell Cooperative Extension

Utilities

- [Spectrum](#) – financial assistance may be available to households that do not currently have internet.
- [New York State Public Utilities](#) – service shutoffs suspended during COVID-19.
- [Home Energy Assistance Program](#) - federal program that helps low-income households meet the high costs of home energy. Income and resource eligibility standards change annually. Call 607-274-5264

Helping Others

Volunteer Gigs in Workday

You can use Workday to connect with volunteer opportunities: the links below will take you to Workday's landing page; click the red "Login to Workday" button and 2-step authentication, and you'll be redirected to the volunteer gig.

- [Tompkins County Call for Additional Mask-Making Volunteers](#)
- [Cornell COVID-19 Test Site Support](#)
- [Serving To Go Meals](#)
- [Food Pantry Volunteers](#)
- [Sewing Surgical Masks](#)
- [Virtual Bring A Child To Work Day](#)
- [Send A Smile](#)
- [Shopping Angels](#)
- [Dig in the Dirt, Grow Food, Feed the Hungry](#)
- [Storage Shed Construction](#)
- [Robin Fund](#)

Donate to the Emergency CARE Fund

The [Cornell Emergency CARE Fund](#) provides support to employees experiencing financial hardships.

Community Volunteer Opportunities

- [Cornell Public Service Center – List of Volunteer Opportunities](#)
- [Give Blood with the American Red Cross](#)
- [Ithaca/Tompkins County "Offer Support" Volunteer Form](#)
- [Ithaca Bakery "Adopt A Doc or Nurse" platters: 607-273-7110](#)
- [United Way of Tompkins County – COVID-19 Response](#)
- [Community Foundation of Tompkins County – COVID-19 Response Fund](#)
- [NYC volunteer opportunities](#)
- [Weill Cornell Medicine Donations](#)
- [Cayuga Medical Center Donations](#)
- [Meals on Wheels Donations](#)

Building and Maintaining Connections

Cornell Resources

- [Cornell Employees Working Remotely](#) (Campus Group) - open to all Cornell employees to learn and share experiences, insights, tips, and tricks related to remote work.
- Find a [Quarantine Buddy](#) - created by Cornell students to help foster connections during the quarantine.
- [Colleague Network Groups](#) - available for men of color, women of color, LGBTQ, veterans, and those with disabilities. Participate in virtual gatherings offered regularly.
- [Cornellians Parenting During COVID Facebook Group](#)

Community Resources

- [Adopt a Grandparent](#) - CHD Living is inviting English-speaking people from around the world to apply online and become a virtual volunteer who will engage with their assigned "grandparents" through video calls.

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Questions or Suggestions

wellbeing@cornell.edu