



## Wellbeing



### Mental and Emotional Wellbeing

#### eni Confidential Counseling Services

1-800-327-2255 – provides [confidential counseling 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. At the end of the three visits, eni will work with the employee's own health coverage benefits to refer to an in-network provider, when possible and as appropriate.

#### 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 provides tips for employees to help with coping during the pandemic.

#### Telemedicine

Employees are encouraged to take advantage of a variety of telemedicine and tele-behavioral health visits that are available through each of our health plans through local and nation-wide providers. These alternatives to traditional in-person office visits allow for the continuation of vital services to support the health and well-being of employees and their families – whether located in Ithaca or anywhere in the United States.

For more detailed information about telemedicine offerings and telemedicine coverage available through both Endowed and Contract College health plans, see [Special Benefit Considerations During COVID-19](#).

## Physical Wellbeing

[EHS 2019 - Return to Work Health and Safety Training](#)

[Cornell Wellness](#): Remote access to programs and services available, including new offerings for fitness, meditation, and more – [wellness@cornell.edu](mailto:wellness@cornell.edu)

[RAVE Guardian App](#): Free to the campus community. Can enhance the user's personal safety both on and off-campus by turning any smartphone into a personal safety device.

---

## Workplace Accommodations

See also [Workplace Accommodations](#) for information regarding seeking an ADA reasonable accommodation.

---

## Caring for Children & Elders/Adults

[Cornell and community resources](#) are available to support employees caring for children and adults. Resources include free premium membership to Care.com to locate caregivers, work/life resource and referral services, support groups, parent and elder care newsletters.

---

## HR Contacts

Questions about your individual work circumstances, or employee and workplace guidance, can be directed to [your college/unit HR Representative](#).

---

## See also

- [Self-Care & Support on the Cornell COVID-19 website](#)
-