



Counseling

Cornell University recognizes the challenges of balancing work and personal issues. In an effort to help you achieve balance in all aspects of your life, the university offers free, confidential counseling services.

eni Confidential Counseling Services

eni Confidential Counseling Services provides services at no cost for up to 3 visits to Cornell faculty, staff and family members. The program is available 24 hours a day, seven days a week (regardless of health plan) for any issue – no matter how big or small.

Licensed mental health professionals provide counseling in person or over the phone for a variety of work and life stressors related to marital, family, substance abuse, depression, stress, grief, health, and more. Your confidential counselor will ask a series of questions including your name and identification, as well as structured questions to assess your situation to determine the best level of care.

You may be able to resolve your issue during this phone call, or you may be referred to a counselor in your area. eni locates the most appropriate counselor for your needs and level of comfort in coordination with your health plan.

To reach a Confidential Counselor 24/7, call the toll-free number: 1(800) 327-2255.

Faculty and Staff Assistance Program (FSAP)

FSAP's professional staff offers free and confidential guidance and support to benefits-eligible employees and their partners to address issues that may be affecting their personal lives and/or job satisfaction or performance.

Urgent phone consultation available evenings and weekends by calling 607 255-2673 (5-COPE). [Learn more](#) and make an appointment.
