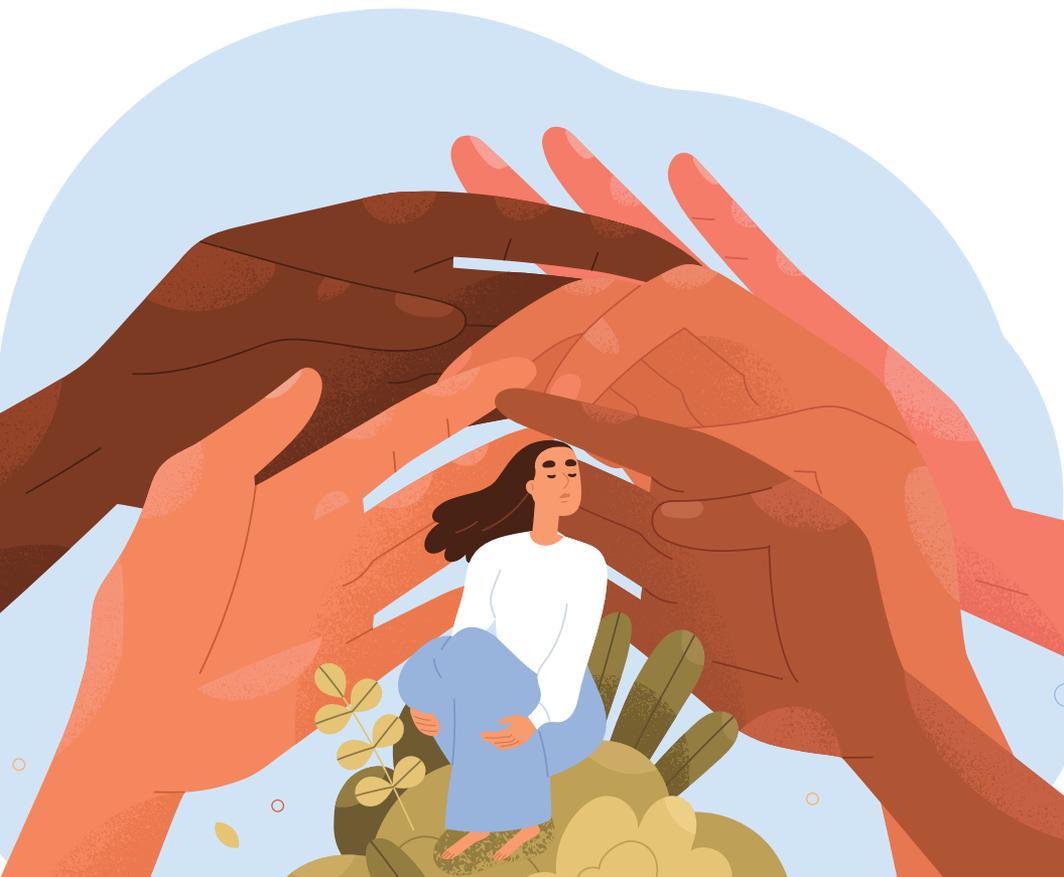


# Mental Health and Wellness at Cooper Union



Presented by  
the Student Care Team  
2023–2024

 THE COOPER UNION

## Dear Cooper Union Students,

We on the Student Care Team know that adjusting to college life and coping with mental health issues can be complex. There's often a confluence of individual, familial, systemic, and environmental issues that can be difficult to navigate on one's own. Certainly, there is no one-size-fits-all prescription for wellness and discovering what is helpful for you can be very different than what is helpful for someone else.

With this guide we want to introduce ourselves and let you know we are here for you! Included is some basic information about the mental health resources available to you during your time at Cooper Union and how to access them. You will also find answers to some frequently asked questions about therapy and insights from other Cooper students about how they have worked through challenges. We hope it makes reaching out for support a little bit easier and reminds you that whatever you are going through, you are not alone.

If you have any questions or just want an open ear to talk to, please don't hesitate to reach out! Our offices are located on the 3rd floor of the Residence Hall building at 29 3rd Avenue and we can also be reached at [studentcare@cooper.edu](mailto:studentcare@cooper.edu).

With warmth,

### The Student Care Team

Alex Fischer, *Director of Student Care*

Cassandra Jolicoeur, LMSW, *Student Care Coordinator*

Elizabeth London, LCAT, *ATR-BC Student Care Coordinator*



# Student Care Team: Who we are and what we do

The Student Care Team is responsible for our student wellbeing programs and services including: our student counseling program, help with finding physical or mental healthcare, Timely Care—Cooper Union’s 24/7 telehealth platform for physical or mental healthcare, supporting students who are ill, medical leaves of absence, student wellness related programming, student disability and medical accommodation support, and support for students in distress. Our offices, located on the 3rd floor of the Residence Hall building at 29 3rd Avenue, are generally open from Monday to Friday, 9 am–5 pm and we can be reached at [studentcare@cooper.edu](mailto:studentcare@cooper.edu).



## Alex Fischer

*Director of Student Care  
and Support*  
[alex.fischer@cooper.edu](mailto:alex.fischer@cooper.edu)

As the Director of Student Care, Alex focuses on overall student support and wellbeing. He works closely with the Student Care Coordinators, oversees student disability support, student illness and medical concerns including medical leaves of absence, and works closely with students, faculty, and staff to ensure that students are connected to the care and support they may need. Alex is originally from Missouri and has lived and worked in New York City for 10+ years now, previously working at Fordham University as the Assistant Dean of Students & Director of Residential Life.



## Cassandra Jolicoeur, LMSW

*LMSW Student Care Coordinator*  
[cassandra.jolicoeur@cooper.edu](mailto:cassandra.jolicoeur@cooper.edu)

As one of the Student Care Coordinators, Cassandra provides students with emotional support, helps get students connected to care, and manages Cooper’s offsite counseling program. She helps students with a variety of concerns, such as anxiety, depression, grief, trauma, complex relationship dynamics, and unhelpful thoughts and behavior patterns. In her work, she uses a strengths-based, student-centered approach that focuses on each students’ goals and unique journeys. Additionally, she believes in mindfulness practice, radical self-acceptance, and the healing power of rest to restore balance to the soul. With warmth, understanding, and compassion (and sometimes a bit of humor), she helps students discover themselves in order to gain understanding of their emotions and how they move through the world.



## Elizabeth London, LCAT, ATR-BC

*Student Care Coordinator*  
[elizabeth.london@cooper.edu](mailto:elizabeth.london@cooper.edu)

As the other Student Care Coordinator, Elizabeth meets with students individually for a variety of concerns and plans mental health and student wellness programs throughout the year. Elizabeth’s approach is holistic, compassionate and direct. She aims to build trust and work in collaboration with students to help them gain clarity and insight, develop healthy coping mechanisms and lifestyle choices, connect with their innate gifts, and find any additional support they may need.

# Mental Health Support for Cooper Union Students

Cooper Union students have access to a variety of mental health resources, many of which are completely free. Below is a comprehensive list and description of the resources available to enrolled students, as well as some frequently asked questions about connecting to these resources. It's normal to feel a bit confused about how to access these supports! We've tried our best to simplify things here, but if you have any questions at all, don't hesitate to reach out to us: [studentcare@cooper.edu](mailto:studentcare@cooper.edu).

## MENTAL HEALTH RESOURCES

### Student Care Coordinators:

Cassandra Jolicoeur LMSW and Elizabeth London ATR-BC LCAT, are both licensed therapists who meet with students to provide confidential emotional support, discuss mental health and counseling needs, and help connect students with long-term care if desired. The best way to reach them is through email at [studentcare@cooper.edu](mailto:studentcare@cooper.edu) or by calling the office of Student Affairs at 212.353.4130. Offices are generally open Monday–Friday from 9 am–5 pm.

### Short Term Counseling Services:

Cooper Union provides FREE short-term therapy for enrolled students through a network of New York-based, partner counselors. The exact number of sessions will be determined by you and your provider, but a rough estimate for short-term counseling is between 6–12 sessions, which renew each academic year. You can view our available counselors as well as their contact

information, area of focus and practice style at [cooper.edu/counseling](http://cooper.edu/counseling). We work with a variety of providers who all have different backgrounds, identities, licenses and specializations. All of our counselors have independent schedules and their availability may vary. When searching for a provider, we recommend reaching out to several individuals directly to see who has availability. All you need to let them know is that you are a Cooper Union student and the therapist will guide you from there.

### TimelyCare: Scheduled Talk Therapy and Medical Visits, Immediate Talk Therapy and Medical Visits, Psychiatry, and Health Coaching:

Cooper Union students have access to FREE, telehealth appointments for both physical and mental health care 24/7 through the TimelyCare telehealth platform. It offers 24/7 access to visits for physical

health issues, both immediate and short term mental health support, and health coaching.

You need to download the app and register with your Cooper Union email in order to access care at [www.timely.care](http://www.timely.care). You do not need to use health insurance, and there is no cost to use this service for Cooper students. If students wish to schedule counseling sessions beyond the 12 session limit, they have the option to pay independently.

### Psychiatry Resources:

The psychiatry resources we most often recommend are:

- [Talkiatry.com](http://Talkiatry.com)
- [Mindful.care](http://Mindful.care)

Each of these facilities are known for their ease of access to care, which includes appointments with psychiatrists and ongoing medication management. Additionally, each facility accepts a wide variety of insurances and typically has little to no wait time for appointments.

Though Cooper does not have a designated relationship with these facilities, many of our students use them for medication management. They both accept a wide variety of insurances.

### Other Ways to Connect to a Therapist

You can also search for a therapist using any of the resources below. Each of these search engines allows you to search for a provider based on your location and health insurance type. There are additional filters that allow you to search by provider specialization, provider characteristics, and styles of therapy.

- [Zocdoc.com](http://Zocdoc.com)
- [Psychologytoday.com](http://Psychologytoday.com)
- [Zencare.co](http://Zencare.co)
- [Cooper.thrivingcampus.com](http://Cooper.thrivingcampus.com)

For more information on mental health resources and to access the counseling website, scan the QR code



# Other Low-Cost Counseling Services in New York

If you are unable to connect with a therapist using your insurance, and would like to work with someone beyond the short-term therapy provided by Cooper Union, there are still many local options available. Below is a list of providers who either offer sliding scale rates/income-based rates and/or accept a wide range of health insurance plans, including Medicaid.

## THERAPY RESOURCES

### Callen-Lorde

[callen-lorde.org/behavioral-health](http://callen-lorde.org/behavioral-health)

Payment options: Insurance and sliding scale

### The Center for Modern Psychoanalytic Studies

[cmps.edu/Therapy](http://cmps.edu/Therapy)

Payment options: Sliding scale

### The Door

[door.org/programs-services/counseling](http://door.org/programs-services/counseling)

Payment options: Accepts insurance and also sliding scale

### Greene Clinic (Brooklyn)

[greeneclinic.com/services](http://greeneclinic.com/services)

Payment options: Offers sliding Scale

### IHI Therapy Center (Institute for Human Identity)

[www.ihitherapy.org](http://www.ihitherapy.org)

Payment options: Offers sliding Scale

Specializations: LGBTQ+-affirming mental health care

### The Institute for Family Health

[institute.org/health-care/locations/manhattan](http://institute.org/health-care/locations/manhattan)

Payment options: Sliding scale and wide range of insurance plans accepted

### Karen Horney Clinic

[karenhorneyclinic.org](http://karenhorneyclinic.org)

Payment options: Wide range of health insurance plans accepted

### Manhattan Psychoanalysis

[manhattanpsychoanalysis.com/clinicalservices](http://manhattanpsychoanalysis.com/clinicalservices)

Payment options: Sliding Scale

### NAMI

(National Alliance on Mental Health)

[namincmetro.org](http://namincmetro.org)

Payment options: Free Classes and Support Groups

### National Institute for the Psychotherapies

[niptherapy.org](http://niptherapy.org)

Payment options: Accepts some insurance and offers income-based out of pocket rates

### Psychoanalytic Psychotherapy Study Center

[ppsc.org/treatment-services-1](http://ppsc.org/treatment-services-1)

Payment options: Accepts some insurance

### Rose Hill Psychological Services

[rosehillpsychological.com/therapy/#individual](http://rosehillpsychological.com/therapy/#individual)

Payment options: Accepts a wide range of insurance plans

### St. Mark's Place Institute for Mental Health

[www.unitas-nyc.org](http://www.unitas-nyc.org)

Payment options: Accepts a wide range of insurance plans

### William Alanson White Institute

[wawhite.org/clinical-services](http://wawhite.org/clinical-services)

Payment options: Insurance and sliding scale



# Additional Specialized Mental Health Resources

## ADDITIONAL MENTAL HEALTH RESOURCES FOR OUR BIPOC STUDENTS

**Translatinx Network**  
[translatinxnetwork.org](http://translatinxnetwork.org)

**Therapy for Black Girls**  
[therapyforblackgirls.com](http://therapyforblackgirls.com)

**The Loveland Foundation**  
[thelovelandfoundation.org](http://thelovelandfoundation.org)

**Our Kitchen Table**  
[kitchentablehealing.com](http://kitchentablehealing.com)

**National Queer & Trans Therapists of Color Network**  
[nqttn.com/en](http://nqttn.com/en)

**Black Men Heal**  
[blackmenheal.org](http://blackmenheal.org)

**Asian Clinic Treatment Services (ACTS) at CCM**  
[ccmny.com/mental-health-services/asian-clinic-services/](http://ccmny.com/mental-health-services/asian-clinic-services/)

## ADDITIONAL MENTAL HEALTH RESOURCES FOR OUR LGBTQ STUDENTS

**The Lesbian, Gay, Bisexual & Transgender Community Center**  
[gaycenter.org](http://gaycenter.org)

**Identity House**  
[identityhouse.org](http://identityhouse.org)

**Callen Lorde**  
[callen-lorde.org/transhealth](http://callen-lorde.org/transhealth)  
(medical care and counseling)

**The Gender & Sexuality Therapy Center**  
[gstherapycenter.com](http://gstherapycenter.com)

**Realization Center Inc**  
[realizationcenternyc.com/lgbt-program](http://realizationcenternyc.com/lgbt-program)

## ADDITIONAL MENTAL HEALTH RESOURCES FOR PEOPLE STRUGGLING WITH EATING DISORDERS

**The Renfrew Center of New York City**  
[renfrewcenter.com/locations/new-york-ny/](http://renfrewcenter.com/locations/new-york-ny/)

**Balance Eating Disorder Treatment Center**  
[balancedtx.com](http://balancedtx.com)

**Monte Nido Eating Disorder Center of Manhattan**  
[montenido.com](http://montenido.com)

**Center of Excellence in Eating and Weight Disorders**  
[mountsinai.org/locations/eating-weight-disorders](http://mountsinai.org/locations/eating-weight-disorders)

## ADDITIONAL MENTAL HEALTH RESOURCES FOR PEOPLE STRUGGLING WITH SUBSTANCE USE

**New York Center For Living**  
[centerforliving.org](http://centerforliving.org)

**Realization Center Inc**  
[realizationcenternyc.com](http://realizationcenternyc.com)

**St. Mark's Place Institute For Mental Health**  
[unitas-nyc.org](http://unitas-nyc.org)

**The Second Wind**  
[thesecondwind.com](http://thesecondwind.com)

**Parallax Center, Inc.**  
[parallaxcenter.com](http://parallaxcenter.com)

# WISDOM FROM COOPER STUDENTS



**If you could go back to the first day of your freshman year and give yourself one piece of advice, what would it be?**

“You will think everyone in this school is so much smarter, better, and ahead of you. They aren’t. Everyone is studying the same, resting the same, and thinking the same. Believe in yourself, because that will give you the motivation to keep going.”

—Freshman, School of Engineering

“Don’t make anything perfect, finish everything as if it is a draft and be kind to yourself.”

—Sophomore, School of Art

“To not compare myself to my classmates, we are each individuals with different paths to completing our work. No journey is the same because we are all different.”

—Sophomore, School of Architecture

“Foundation year in the school of art can seem overwhelming and all-consuming but in the grand scheme of your time at Cooper it isn’t everything. I wish I hadn’t gotten so caught up in my school work and made more time to socialize.”

—Senior, School of Art

“Enjoy the city a bit more. What’s the point of going to school in NYC if you just commute back home directly after classes every single day?”

—1st Year Masters, School of Engineering

# FAQ about Therapy and Counseling

## How do I know if I should go see a therapist?

A common misconception is that someone should start therapy when things are going terribly wrong, but the truth is that you can start therapy at any time. You can go to therapy to talk about school, relationships, time management, life goals, your mood, or to understand yourself in a deeper way. While it's important to seek out professional help when you're in crisis, it can also be helpful to begin therapy when you're feeling well so that you have a support system in place for whatever may come up for you.

Please remember that feeling a certain amount of stress and difficult emotions (like sadness, anxiety and anger) is a normal and important part of being human. But when these feelings "feel" too big, and start to impact your quality of life, health, relationships, and outlook about yourself and the future, it's probably time to talk to someone about it.

Our student care coordinators are here to help you explore whether therapy might be the right thing for you at this time.

## I want to see a therapist, but I don't know where to begin and what to say when I reach out to them.

When reaching out to a therapist for the first time, you can call or email the therapist and give some basic information about yourself and what you're looking

for. Some of the most important pieces are logistical, for example your schedule/availability, your insurance, and how often you are hoping to meet (if you know). Outside of that, feel free to share any important information about your identity, background and what you are hoping to work on in therapy. You do not have to go into detail about your situation in the initial outreach. You can also ask if the therapist is available for a brief phone call or video chat (think 10 minutes or so) to see if it feels like a good fit.

## Here's a sample email you might send to one of the therapists in the Cooper Union network:

*Hi, my name is (your name) and I am a first year engineering student at Cooper Union. I've been dealing with a lot of anxiety and I'm hoping to see a therapist on a weekly basis. I'm available on (these days) at (these times). I'm wondering if you have any availability at those times and if we might set up a brief phone consultation to see if it's a good fit. Also, I'm not sure if I'll want to continue therapy beyond the free sessions offered by Cooper Union, but just in case I do, I was wondering if you take my insurance (name insurance). Thanks!*

## What kind of questions should I ask a potential therapist?

While it might feel awkward, therapists are prepared (and expect) to answer questions about how they work, their background and

training, their levels of experience working with different issues and populations, and any logistical questions you may have about scheduling and payment etc... Here are some sample questions you may want to ask in an initial consultation with a therapist:

**Logistics:** *Do you accept insurance? If not, what are your fees? / When do you generally have availability? / What is your cancellation policy? / Are you available for in-person sessions or zoom sessions?*

**Approach and Practice Style:** *What can I expect when I work with you? / How would your clients describe you? / I would like to work on XYZ. Is this something you can help me with? How would we work on it? / Do you have a specific treatment approach? / Do you have experience working with people from xyz background/identity? / What is your understanding or outlook on xyz issue?*

**Asking for what you need:** *I really want to learn concrete coping skills for managing anxiety. Is that something you provide? / I do not want a therapist that gives "homework" (i.e., hand-outs, etc.). Is homework part of how you practice? / I prefer to talk about what is happening with me now, instead of focusing only on the past. Is that something we can do?*

## How do I know if it's a good fit?

Feeling fully comfortable with a new therapist can take some time, and it's normal to be a little nervous at first. Some initial indicators that it's a good fit between you and a new therapist are that you feel you'd like to speak with them again, that there's something they are "getting" about you, you feel seen or understood, you feel some sense of connection with them, and/or that your body and breathing feel more relaxed.

## There are so many kinds of therapists! How do I know which is best for me? What do all those letters after their names mean?

It's true! There are many different types of licensures and therapeutic approaches. However, research has shown that beyond any specific licensure, technique or approach, it's the relationship between therapist and client that really makes therapy effective. Meaning, more important than anything else, look for someone that you like and that you feel drawn to.

Below is a list of the most common kinds of therapists you'll find in New York. The large majority of these will be well versed in talk therapy but may incorporate different approaches or specialize in different areas. If you are curious to learn more, psychologytoday.com is a great resource to explore the basics of different therapeutic approaches.

## Common Therapy and Counseling Licenses

- LMSW: Licensed Master Social Worker
- LCSW: Licensed Clinical Social Worker
- LMHC: Licensed Mental Health Counselor
- LMHP: Licensed Mental Health Practitioner
- LPC: Licensed Professional Counselor
- LP: Licensed Psychologist
- LCAT: Licensed Creative Arts Therapist
- PSYD: Doctor of Psychology
- PHD: Psychologist (PHD may also refer to a doctorate of other professions)
- RDT: Registered Drama Therapist (usually with an LCAT licensure)

# WISDOM FROM COOPER STUDENTS

## 2



### What is something that you used to struggle with, that isn't as hard anymore? How did you work through this challenge?

“Balancing school work and my life.

I used to give 100 percent of myself to school and grades but my mental health and well-being suffered because of that. Cooper can feel very isolating and competitive if you let it. So learning when I've spent too long on something or when I need to socialize.”

—Senior, School of Art

“Imposter syndrome. Everyone who is here is here because they have a capacity to learn. Cooper looks for students that would be receptive to their method of teaching, and who their teaching can benefit. They're not looking for you to be the best at everything or for you to have perfect craft. Your professors are there to help you learn, not to grade you. It takes

a lot of self reflecting and a lot of talking to professors and other classmates about just how you feel, and not just about the work that is being produced.”

—Sophomore, School of Architecture

“Being overwhelmed by work. I overcame it by being honest with myself that I can't dedicate all my energy to every class the way I would like to and I set boundaries and created habits from the start that made it easier as the semester picked up speed.

—Junior, School of Art

“I used to have a hard time asking for help studying—it was a huge turnaround from high school where I was the one helping everyone else. I got over it because I realized that everyone has areas in which they need help—and it's ok that mine is sometimes in my schoolwork.”

—Sophomore, School of Engineering

### What is the difference between a therapist and psychiatrist?

A therapist (sometimes referred to as a psychotherapist or psychoanalyst), is a licensed mental health professional who uses talk therapy and other techniques to help their clients with their mental and emotional wellbeing. A psychiatrist is a physician (MD) who receives medical training that lets them diagnose mental health concerns and prescribe medications. A common misconception is that the words “psychiatrist” and “psychologist” can be used interchangeably. This is incorrect. While a psychologist's primary focus is talk therapy, a psychiatrist's primary focus is prescribing medication.

### Do I need to see both a psychiatrist and a therapist?

Everyone has different feelings about medication, so the answer depends on your needs as an individual. While talk therapy has its benefits, studies have shown that for certain conditions talk therapy in conjunction with medication is more effective than talk therapy or medication alone. In addition to talk therapy, medication can be helpful in managing mood disorders, anxiety disorders, some personality disorders, post-traumatic stress, and psychotic disorders.

We recommend connecting with a therapist or psychiatrist to talk about how medication might be helpful to you.

### I don't really like my current therapist. What should I do? Should I ghost them?

If you are having difficulty connecting with your therapist, it may be more workable than it seems. As scary as it might feel, it's always a good idea to first talk to your therapist and tell them how you are feeling. Having an open and honest conversation (and asking for what you need), may help the therapist support you better and could be a powerful growth opportunity for both of you.

Often, it's the things that are difficult for us outside of therapy, that show up in the therapeutic relationship itself! Working through those challenges in therapy can be a powerful catalyst for change in one's life.

However, if you've given it some time and still feel like your therapist is not responding to you in the way you need, it's OK to look for someone who's a better fit! Just let your therapist know that you have decided to look for a different provider and feel free to reach out to Cassandra or Elizabeth for assistance in connecting to someone new.

### I have spoken to Elizabeth, Cassandra or an offsite therapist that works with Cooper Union. Does that mean the school, my teachers or my parents are aware of my personal situation?

Whenever you connect with ANY licensed therapist, including Cassandra and Elizabeth who work with the school, and including all Cooper affiliated therapists, the information you share with them is totally confidential. This means that anything you do or say stays between

you and the therapist unless you've given explicit permission otherwise. The only exception to this is if the therapist determines that someone's safety is at risk. In that case a therapist might have to break confidentiality to make sure that you or someone else receives immediate support.

A few other things to note: When you work with a Cooper Union affiliated therapist for free short-term therapy, the provider will let the school know the dates of service they saw you for billing purposes. Separately, if you are using insurance to pay for therapy, depending on your plan, there is a chance that your parents or guardians will see that you have been to a certain provider. Your parents or guardians will NOT see if you use the free short-term sessions provided by Cooper Union or if you speak to someone using TimelyMD app.

If you have any questions or concerns about confidentiality, don't hesitate to ask either Elizabeth or Cassandra, or your therapist.

**I'm worried about a friend. I want to share this with someone, but I am afraid of getting them in trouble. What should I do?**

If you are ever worried about a member of our community for any reason, please let someone know. Cassandra and Elizabeth, our Student Care Coordinators, are here to support everyone. Please remember that conversations with our Care Coordinators are confidential. That means if you are worried about someone due to underage drinking or drug use, you can share this information with them, without fear of it leading to punitive

consequences for the person of concern. Simply send an email to one of the Student Care Coordinators (or anyone in Student Affairs). This email should include the person of concern's first and last name and a brief summary of why you are concerned about them. One of our coordinators will reach out and say, "Someone in our community let me know that you might need some support." They will also provide resources and offer the individual a chance to connect and talk.

**I think I need a break from school to focus on myself. What should I do?**

This feeling is much more common than most people realize! Students frequently worry that taking a break from school will negatively impact their futures, but sometimes stepping away for a bit can be the wisest decision; not only academically, but also socially, professionally, and from a physical and mental health perspective. It can help you restore your energy and get the perspective you may need in order to make the best decisions for yourself moving forward. If you would like to consider time away from Cooper or a leave of absence, please reach out to Alex Fischer, *Director of Student Care and Support*, or your academic dean to discuss this further.

**I want to see a therapist but my family really wouldn't approve. How can I see a therapist without anyone finding out?**

If your family is paying for your health insurance, then they will be able to see when you have used your insurance, which provider you have seen, and any diagnostic code used for your visit.

However, as mentioned above, they will not know the specifics of what you have discussed.

If you do not want your family to know you are seeing a therapist, you can consider any of the following options:

- Apply for the health insurance offered to Cooper Union students (Wellfleet) which could be bundled within your financial aid package. Make sure to discuss this with your Student Accounts Advisor.
- Use either the TimelyCare App or see one of the Cooper Union affiliated therapists for free short-term therapy.
- See our section on low-cost and sliding scale therapy options in New York City and pay out-of-pocket (meaning you pay yourself without health insurance).

**Does the student health insurance cover therapy sessions?**

Yes. The student insurance does provide coverage for therapy sessions. The student health plan utilizes Cigna providers. This means that you can connect with a therapist who accepts Cigna insurance and have the health plan cover most of the cost of the visit. Before scheduling any office visits, we always recommend calling the office and making sure they accept your insurance.

**I have questions about the student health insurance. Who can I contact?**

For any questions regarding your student health insurance, you can contact Alex Fischer, *Director of Student Care* at [alex.fisher@cooper.edu](mailto:alex.fisher@cooper.edu). You can also contact Wellfleet directly at website: [wellfleetstudent.com](http://wellfleetstudent.com) phone: 1.877.657.5030, email: [customerservice@studentinsurance.com](mailto:customerservice@studentinsurance.com). More information about the student healthcare plan can also be found at [www.cooper.edu/wellfleet](http://www.cooper.edu/wellfleet).



# WISDOM FROM COOPER STUDENTS

# 3



**If you've found support from a therapist or counselor, would you be willing to share how it's helped you? What do you think would be helpful for someone who has never talked to a therapist before...**

"My therapist has helped me engage with problem solving tactics that combat depression and anxiety. Doing things that you know will physically uplift you. Exercising, talking to friends, creating art. Its difficult to force yourself to do these things when you don't want to, but its best to try until you get to a point where you can do these things."

—Junior, School of Art

"They helped me learn scheduling and time management skills that I hadn't needed before cooper. They help you in all sorts of ways you never knew

you needed. It's never a point of shame or embarrassment to reach out to them for help when you need it."

—Freshman, School of Engineering

"It may be intimidating at first but will help you feel so seen and heard. It made me realize that I don't have to deal with my feelings alone and most importantly: that I am not broken or crazy for having them."

—Senior, School of Art

"Therapy is wonderful because it gives you a space to process life and not worry about judgement. Everyone should try therapy because it is always important to have someone to talk to and to approach life in a conscious and intentional manner."

—Sophomore, School of Architecture

## 24/7 Support

If you or someone you know is experiencing a serious illness or a mental health crisis, please call 911 or visit the emergency room nearest to you. Cooper Union does not have facilities for crisis care but there are resources available throughout New York City. For additional resources, please go to [www.cooper.edu/studentcare](http://www.cooper.edu/studentcare) and click on the "Help Now" page

**NYC Well:** Students seeking non-emergency support may contact NYC Well. NYC Well is a connection to free, confidential mental health support. Through this service, you can speak to a counselor via phone, text or chat and get access to mental health and substance misuse services, in more than 200 languages, 24/7/365. To connect with NYC Well, you can call 1.888.692.9355 (1.888.NYC.WELL), text "Well" to 65173, or chat with someone online.

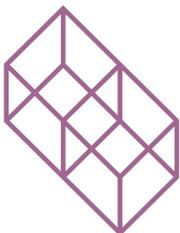
**National Crisis Text Line:** Another resource is the National Crisis Text Line. To use this free service, text HOME to 741741 from anywhere in the United States, anytime, about any type of crisis. Crisis Text Line serves anyone, in any type of crisis, providing access to free, 24/7 support and information via a medium people already use and trust: text.

**The Trevor Project:** The Trevor Project operates the Trevor Lifeline 24/7 which provides support for LGBTQ+ young people in crisis, feeling suicidal, or in need of a safe and judgement-free place to talk. You can connect with the Trevor Lifeline by calling 1.866.488.7386.

**988 Suicide and Crisis Lifeline:** The National Suicide Prevention Lifeline is a national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week. The Lifeline provides 24/7 free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals. Their Lifeline Crisis Chat can be reached by calling 988.

**Trans Lifeline's Hotline:** Trans Lifeline's Hotline is a peer support service run by trans people, for trans and questioning callers. Operators are located all over the U.S. and Canada, and are all trans-identified. If you are in crisis or just need someone to talk to, even if it's just about whether or not you're trans, please call. The Lifeline is available 10 am–4 am EST. Volunteers may be available during off hours. You can connect with the Trans Lifeline by calling 1.877.565.8860.





THE **COOPER** UNION

**The Student Care Team  
can be reached at:**

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