Student Care at Cooper Union
Mental Health, Wellbeing, and Overall Care
Welcome Week, August 2023

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What is one thing that helps you feel well?
Mental Health is...

a state of well-being in which every individual realizes his or her own potential, can cope with the normal stresses of life, and can work productively and fruitfully.

- How we feel about/view ourselves
- How we respond to what life throws at us
- what we produce, achieve, and accomplish
What factors impact mental health?
Self Care

- What is it?
- Why are we talking about it?
Find someone new, introduce yourself, and learn 3 things that they do for self care.
Self Care

- Eat regular meals (both healthy and delicious)
- Get regular exercise (by walking, running, or taking the stairs now and then)
- Regulate your sleep cycle (7-8 hours at least a few nights a week)
- Practice personal hygiene (when you look good, you feel good)
- Relax
- The Art of “No”
Myths about Self Care

- It’s always the same
- It’s expensive
- It’s time consuming
- It’s unproductive
- It’s selfish
- One size fits all
Truths about Self Care

- It requires work and mindfulness.
- Sometimes it’s fun, sometimes it’s not.
- It requires intentionality and making yourself a priority.
Activity
Student Care Resources

- Tons of resources at Cooper Union!
- Campus, city, state, and national resources listed
- Hospitals, urgent cares
- Timely Care - 24/7/365 telehealth & emotional health support
- More resources at: www.cooper.edu/studentcare
Timely Care

- 24/7 Mental Health Support
- 24/7 Medical Support
- Scheduled Counseling
- Scheduled Medical
- Health Coaching
Wellfleet Student Insurance

- Cooper partners with Wellfleet Student Insurance.
- All students must have either private coverage or Wellfleet insurance while attending Cooper.
- Deadline to waive Wellfleet coverage: **OCTOBER 15, 2023**. Students will get weekly reminders!
988 - National Crisis Hotline

- 988 is a free service available to everyone.
- 988 is the new, three-digit number for the National Suicide Prevention Lifeline (NSPL).
- 988 is more than just an easy-to-remember number. It is a direct connection to caring support for anyone in mental health distress. This may include:
  - thoughts of suicide
  - substance use crisis
  - emotional distress
- CALL OR TEXT to be connected to care!
Counseling at Cooper Union

- **Free** short-term therapy
- Partnership with 25+ providers throughout New York City
- All providers are vetted by the Student Care team
- Providers are familiar with Cooper Union & academic programs
- Variety of Identities & specialties
ThrivingCampus

- Over 11,000 providers throughout the U.S. (1,100 in NYC)
- Working with other colleges/universities
- Filters to find providers that meet your needs
  
  cooper.thrivingcampus.com
Calm App

- Unlimited access to guided meditations, sleep stories, calming music, etc.
- Free unlimited access for all Cooper students (and staff/faculty) with your Cooper Email.
- Share Calm with up to 5 dependents/family members/friends over the age of 16.
- Raffles to get students to sign up!
Mental Health Booklet

- Resources at Cooper, NYC, etc.
- Low cost / specialized mental health resources
- 24/7 resources
- FAQ about therapy & counseling
- Example email templates & how to reach out to a counselor
- Wisdom from Cooper Students
- www.cooper.edu/MHGuide
Awesome Programming Opportunities

- Tabling Events
- Therapy Dogs
- Time management / life skills programming
- Group sessions
- Mindfulness group
- Wellness Week
Follow us on Instagram!
Download the Timely app
Download the Calm app
How to contact & connect with us...

studentcare@cooper.edu

(212) 353 - 4130

Generally have staff in the office M-F, 9a-5p

Located on the 3rd floor of the residence hall, 29 Third Ave

Find us on the web at www.cooper.edu/studentcare

Find us on Instagram StudentCareAtCooper
Questions?
Comments?
Final Thoughts
Thank You &
Good Luck
This Year!