Living with stress and fear affects people in different ways and is likely to be heightened during this time of uncertain world events. It can take a toll on mind, body and spirit. The following are some helpful resources:

**Community Support Team 255-3608** — provides community support meetings for groups, referrals for individuals and informational materials for helping self and others in distress.

**College academic advising and student services offices**

**Cornell United Religious Work 255-4214**

**Dean of Students Office 255-1115**

**Dear Uncle Ezra:** www.ezra.cornell.edu – online information and referral

**Empathy, Assistance and Referral Services (EARS) 255-EARS** or walk in to 211 Willard Straight Hall

**Gannett: Cornell University Health Services**

- **Medical Services 255-5155**
  - (After-hours medical phone consultation 255-5155)
- **Counseling and Psychological Services (CAPS) 255-5208**
  - (After-hours mental health emergency phone consultation 255-5155)
- **Massage Therapy 255-5985**
- Gannett web sites: www.gannett.cornell.edu

**Graduate Student Life 255-5184**

**International Students and Scholars Office 255-5243**

**Office of Minority Educational Affairs 255-3841**

**Residence Hall Directors** or **Graduate Community Assistants** for students living on campus

**Wellness Program 255-3886, 255-5133**

**Other Cornell Resources**

If a student crisis has already occurred, a **Crisis Manager** can be accessed at any time by calling the **CU Police, 255-1111**

For staff and faculty: **Employee Assistance Program (EAP) 255-1531**

A variety of events are being planned in response to the war in Iraq, including **teach-ins, displays, discussions** – watch for announcements. Student groups can call the **Student Activities Office 255-4311** for assistance planning rallies and other events.

**Off-Campus**

**Suicide Prevention and Crisis Service 272-1616 – 24 hour phone line**