

To Students, Faculty, and Staff,

Following the recent message from the Office of the President, I wanted to share a number of resources that you may find helpful. The resources listed below are available to you, and we strongly encourage you to connect with these important services should you or someone you know need support. Please note that during the Thanksgiving break, on-campus resources may be limited. You are encouraged to reach out to resources in your local area.

Available Resources Include:

- Counseling and Psychological Services are available to Albany Campus students through our partnership with the University at Albany. Counseling services are offered at no cost to registered students. Counseling and Psychological Services (CAPS) at the University at Albany is located at 1400 Washington Ave (Dutch Quad). To make an appointment, call (518) 442-5800. For more information, hours of operation and directions, visit: https://www.albany.edu/counseling_center/.

- For an urgent mental health crisis that requires same-day assessment by a mental health professional, you may contact CAPS at (518) 442-5800 Monday through Friday from 9:00 a.m. to 4:30 p.m. and request to speak with a CAPS Psychologist—let them know it is urgent when you call.

- After hours and on weekends, support for individuals in immediate crisis is offered by the Capital District Psychiatric Center (CDPC) Crisis Unit and Mobile Crisis Team. They are open 24 hours/day, 7 days/week and offer helpful mental health resources. You can contact the Capital District Psychiatric Center Crisis Unit at (518) 549-6500.

- During business hours, if a counselor is not free for an immediate appointment and you need someone to talk to, the Care Team is also available to assist. To file a report, please use this link: [Care Team Report](#).

- Crisis text line serves anyone in any type of crisis, providing access to free, 24/7 support and information by texting 741741. This can be helpful if you prefer texting or do not have privacy to talk: www.crisistextline.org.

- Employees who are in need of assistance may contact the Employee Assistance program. NYSEAP services are available by contacting 800-822-0244 or through their website at <https://goer.ny.gov/employee-assistance-program>. There are three regional offices: Albany – (518) 465-3813; Syracuse – (315) 428-4963; and Utica/Binghamton – (315) 792-2518.

Please share this information with your friends, students, and colleagues at SUNY Poly so that we can support each other and the health and wellness of all members of our SUNY Poly community.

Sincerely,

Marybeth Lyons
Vice President for Student Affairs
SUNY Polytechnic Institute