

Utica Campus Community Notice

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. While the college is on break for Thanksgiving, and on-campus resources may be limited, you are also encouraged to reach out to obtain resources within your local area.

Available Resources Include:

- For students remaining in the area while the campus is closed, as well as after hours and on weekends, support for individuals in immediate crisis is offered by the Oneida County Mobile Crisis Assessment Team (MCAT). There are no fees for utilizing MCAT services. They are open 24 hours/day, 7 days/week and offer helpful mental health resources. You can contact MCAT at (315) 732-6228 or 1-844-732-6228.
- Counseling services are free to students and confidential. The Wellness Center is open from 9:00 a.m. to 5:00 p.m. Monday through Friday. The Center is located on the second floor of the Campus Center, Suite 217, (315) 792-7172. The Counseling Center is also available to work with groups of students who need support. (Please note the Center is closed for the holiday break and will re-open on Monday, November 29 at 9 a.m.)
- University Police and the on-call Residential Life Resident Director (RD) (if you are on campus) can be contacted 24 hours/day, 7 days/week. They are able to contact MCAT on your behalf to request assistance. If you are on campus, they are willing to stay with you while you connect with MCAT Professionals. University Police can be reached at 315-792-7111.
- Resident Advisors and Residential Life professional staff are not licensed counselors but are all skilled listeners and are equipped to help and refer. They serve on-call for our residential students in crisis 24 hours/day, 7 days/week and RAs and ADs can be reached via your on-call complex RA: Hilltop (315) 601-8797; Adirondack North (315) 725-1015; Adirondack South (315) 520-4974; and Mohawk (315) 525-0501.
- 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.
- 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](#).
- 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