

SUNY Poly Wellness Center: Health & Counseling Resources

The Wellness Center, Health & Counseling Services continues to be here for students to assist them during this COVID-19 healthcare crisis. The format has changed to a telehealth platform, however we continue to be available for medical assessment and treatment, counseling and health promotion services.

Monday through Friday, 8:30 am to 4:30 pm

Please call 315.792.7172. If the phone is busy, we are assisting other students so please leave your name, student ID # and a phone #. We will return your call.

Additional Resources:

SUNY Poly COVID-19 Page: www.sunypoly.edu/covid19

Oneida County: www.ocgov.net/health/coronavirus

NYS Department of Health: www.health.ny.gov/coronavirus

CDC: www.cdc.gov/coronavirus

NYS Hotline (General COVID-19): 1.888.364.3065

Mental Health Resources:

- Oneida County Hotline: 1.800.678.0888: connect with a mental healthcare provider regarding COVID-19
- New York State Hotline: 1.844.863.9314: emotional support line staffed by specially trained volunteers
- Crisis Text Line: Text HOME to 741741: to connect with a crisis counselor. free, 24/7 support via text message
- Active Minds Website and Webinars: www.activeminds.org
- The Lifeline (National Suicide Prevention) 1.800.273.TALK (8255): suicidepreventionlifeline.org/
- Headspace: www.headspace.com/ny - meditation, sleep & movement exercises to support you through challenges, free app
- Jed Foundation: www.jedfoundation.org -partners with high schools and colleges to strengthen mental health, substance misuse and suicide prevention programs
- Therapy Assistance Online (TAO): www.taconnect.org/english-exercises/ - online tools to help you conquer the day-to-day struggles for general stressors (anxiety ,depression, or specific troubles like relationships and addiction)

Health Promotion Resources:

- **Smoking/Vaping Cessation:**
 - NYS Quitline: 1.866.NY.QUITS: www.nysmokefree.com
 - CDC: www.smokefree.gov, 1.800.QUIT.NOW (800.784.8669)
 - American Heart Association: www.heart.org/en/healthy-living/healthy-lifestyle/quit-smoking-tobacco/help-i-want-to-quit-smoking
 - American Lung Association: www.lung.org/quit-smoking/i-want-to-quit
- **Alcohol/Substance Abuse:**
 - Insight House, Utica NY (Helio Health, CNY Services): www.insighthouse.com , 315.724.5168
 - NYS Office of Addictions Support and Services (OASAS): oasas.ny.gov/, HOPEline, 1.877.8HOPENY, Text 467369
 - National Institute on Drug Abuse: www.drugabuse.gov, 1.800.662.HELP (4357)
- **Physical Activity/Exercise:**
 - American Heart Association: www.heart.org/en/healthy-living/fitness/fitness-basics/move-more-month
 - NY Move Your Way Campaign: health.gov/our-work/physical-activity/move-your-way-campaign
 - National Institute on Aging at NIH, Go4Life Campaign: go4life.nia.nih.gov/how-to-make-an-exercise-plan/
- **Domestic/Sexual Violence:**
 - National Domestic Violence Hotline: www.thehotline.org/help, 800.799.SAFE (7233), 200 languages.
 - RAINN National Sexual Assault Hotline: www.rainn.org/resources, 800.656.HOPE (4673)
 - Oneida County Domestic Violence Hotline: 315.797.7740
 - Herkimer County Sexual Violence Hotline: 315.866.4120