

TC CARES

As a TC student, the pressures of academics, family, finances, and more can lead to difficulty coping with stress and everyday life. We're here to support you in wellness through your time at Teachers College!

COMMUNICATE **A**SK **R**EACH **E**NGAGE



TEACHERS COLLEGE
COLUMBIA UNIVERSITY

TC STUDENT AFFAIRS CORE VALUES

ACCESSIBILITY ACCOUNTABILITY
COMMUNITY DIVERSITY
EXCELLENCE INCLUSION

WHAT'S GOING ON?

- Feeling like it's very hard to focus and concentrate?
- Experiencing or seeing unusual behavior in our outside of class?
- Feeling more irritable than usual?
- Are you or a friend worried and feeling preoccupied all the time?
- Do you feel more emotional and tearful than usual?
- Have you or a friend been feeling isolated and lonely?
- Do you think no one could really understand what is going on with you and your life?
- Feeling always very tired and with no energy?
- Have you seen messages or posts on social media that concern you or a friend?
- Do you feel angry or resentful all the time?
- Have you noticed a significant weight loss or gain in yourself or a friend?

REACH OUT, WE'RE HERE TO LISTEN!

TEACHERS COLLEGE WELLNESS RESOURCES

Vice Provost for Student Affairs
113 Zankel | 212-678-3083

Office of Residential Services
Whittier Hall 1B | 212-678-3235

Student Support & Counseling
6th Floor, Thorndike Hall | 212-678-7432

24/7 Line - Office of Public Safety
Whittier Hall 1A | 212-678-3333

COLUMBIA UNIVERSITY WELLNESS RESOURCES

24/7 Columbia Mental Health Crisis Line 212-854-2878

Columbia University Emergency Medical Service 212-854-5555

Columbia University Counseling & Psychological Services*
8th Floor, Lerner Hall (Main Campus) | 212-678-7432

**You need to have paid the Columbia Health fee to access this service.
for more information contact health-immunization@tc.edu*

Columbia Health Clinic*
3rd / 4th Floor, John Jay Hall (Main Campus) | 212-854-7426

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ADDITIONAL WELLNESS RESOURCES

Nearest Hospital: Mount Sinai St. Luke's - Emergency Room
1111 Amsterdam Ave | 212-523-3335

National Graduate Student Crisis Line | 800-472-3457

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