

# Did You Know?

Syracuse University offers many services to support your mental health and well-being

## Human Resources

### WorkLife Benefits and Resources

*Syracuse University offers a variety of resources and support to help faculty and staff achieve an effective balance between the demands of work and the commitments and concerns of personal life.*

Some of their many services:

- [Carebridge](#) (offering confidential counseling at no cost to faculty and staff, **available 24 hours a day, 7 days a week at 1-800-437-0911**)
- [Wellness Initiative](#) (providing programs, activities, and resources that foster a balanced and healthy lifestyle)

## Hendricks Chapel

*As the heart of Syracuse University, Hendricks Chapel leads in service to our common good as a student-centered global home for religious, spiritual, moral, and ethical life.*

- [Grief Resources](#) (providing grief support for those experiencing loss)
- [Meditation and Stress Reduction](#) (offering meditation and destress sessions)
- [Spiritual Life](#) (offering appointments with [chaplains](#) and more)

## University Ombuds

*The Office of the University Ombuds provides faculty, staff, and graduate students with an informal, confidential, neutral, and independent resource to address concerns or questions openly without fear of retaliation or judgment.*



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## Resources to help you assist students in distress

- [Barnes Center at the Arch](#) (offering information and guidance on a variety of topics, including student stress, marginalization, sexual and relationship violence, and more; **faculty and staff may call 315-443-8000 for 24-hour support**)
- [Office of Equal Opportunity, Inclusion, and Resolution Services](#) (providing assistance related to discrimination, harassment, and sexual misconduct incidents; all faculty and staff, not classified as confidential resources, are designated as [“responsible employees”](#) and therefore must disclose all information related to discrimination, harassment, and/or sexual misconduct reported to them with the University’s Title IX Coordinator)
- [Center for Teaching and Learning Excellence](#) (offering [individual consultations](#) and [group discussion and workshops](#); [teaching resources](#) addressing student stress, recent events, and pandemic-related challenges are also provided)