



Departments at SUNY Canton work collaboratively to provide students with services that support your physical and mental health to reach your academic, career and personal goals. The chart below provides a short list of frequently used services. Learn more at canton.edu.

Department	How We Support Students
Advising & First Year Programs (315)-379-2954 advising@canton.edu	Advising & First Year Programs provides students with individualized degree plans, advising support and connection to campus resources. The Advising Center, offers academic workshops, one-on-one consultations and supports RooSuccess to enhance success inside and outside the classroom.
Career Services (315)-386-7119 careers@canton.edu	The Career Services Office provides a collection of services that aid students and alumni in selecting and securing rewarding careers. Services include resume and interview help as well as internship and job search.
Counseling Center (Licensed Mental Health Counselors) (315)-386-7314	Licensed Mental Health Counselors provide professional counseling services for students with personal, social, and emotional concerns. Students benefit by discussing any concerns that are important to them.
EMS Emergencies: (315)-386-7777 Office: (315)-386-7035 ems@canton.edu	SUNY Canton EMS responds to medical emergencies on the SUNY Canton campus 24 hours a day, 7 days a week throughout the academic year. We also provide event standby services, fundraising opportunities, and disaster relief/recovery.
Health Center (Physician, PA, NP RN, LPN) (315)-386-7333 healthcenter@canton.edu	As a team of health care professionals, the Davis Health Center is dedicated to providing culturally competent medical care, educational programs and student advocacy which will enhance a student's wellbeing and empower a student to become a well-informed consumer of health care during their lifetime.
Wellbeing Programs & Initiatives (315)-386-7958 davisf@canton.edu	Wellbeing Programs & Initiatives assists students in exploring pathways to wellness so they can identify their personalized approach to life-long well-being.

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Service Provided	Advising & First Year Programs	Career Services	Counseling Center (Licensed Mental Health Counselors)	EMS	Health Center (Physician, PA, NP RN, LPN)	Wellbeing Programs & Initiatives
Alcohol/Drug Prevention Group Education			✓			✓
Changing classes	✓					
Changing your academic program/major	✓	✓				
CPR Training				✓		
Developing positive coping skills			✓			
Diagnosis, evaluation and treatment of mental health conditions			✓			
Education on self-care (sleep, nutrition, stress management, mindfulness, etc.,)			✓			✓
Explore interests and career paths		✓				
Find a job/internship		✓				
Make a resume, interview prep, negotiating job offers		✓				
Mental Health Counseling			✓			
Mental Health Group Education (Depression, anxiety, etc.)			✓			
Narcan Training				✓		
Organizational health (using time management, study skills, organization to prevent stress)						✓
Physical Health Group Education						✓
Prescribe medication					✓	
Referral to community resources for mental health			✓			
Referrals to community resources for physical health					✓	
Signs and Symptoms Related to Mental Health			✓			
Stress Prevention			✓			✓
Support in quitting or cutting back on alcohol/drug use			✓			
Support in quitting or cutting back on tobacco (vaping, cigarettes, chew, etc.)					✓	
Tobacco Prevention						✓
Yoga Sessions						✓