




CAMPUS REFERRALS FOR STUDENTS

The [Lehman College Mental Health Committee](#) seeks to create a campus community of students, staff, and faculty sensitive to the mental health needs and emotional well-being of Lehman students. It wants to ensure student success, persistence, retention, and graduation, in a responsive manner and increase awareness and access to mental health services on campus. Please use this referral sheet to inform students about on-campus services.

STUDENT NEED	CONTACT
Academic Advising	<p>Advisement – Lehman College offers advisement services aimed at supporting students as they progress toward the completion of their degrees. Visit Lehman Navigate to connect with your academic advisor, schedule and track advising appointments, and learn about campus resources. If you are unsure how to proceed, please email help.coach@lehman.cuny.edu and someone will review your record and get back to you.</p> <p>Advising Offices: Adult Degree Program (ADP); Graduate Studies; Lehman College ACE Program (ACE); Macaulay Honors College (MHC) and The Lehman Scholars Program (LSP); Pre Graduate School Advising; Pre-Health Advising; Pre-Nursing; Onboarding Advisement Office; Percy Ellis Sutton SEEK Program (SEEK), and Undergraduate Academic Advising.</p> <p>Note:</p> <ul style="list-style-type: none"> • Students seeking Mental Health Counseling should contact The Counseling Center. • Students seeking Career Counseling should contact Career Exploration & Development Center.
Alcohol and Drug Prevention	<p>Wellness Center – Old Gym Building, Room 007B, Phone: 718-960-5541, @Lehmanwellness Offers Life skills and prevention services to help you thrive.</p>
Apps	<p>Lehman College Mobile App – check your email, log-in to Lehman 360, news on campus. Lehman Navigate - schedule and track advising appointments, get info on campus services. Download <i>Navigate Student</i> from App Store, Google Play. Choose Lehman College.</p>
Athletics, Exercise, Fitness, Gym, Sports	<p>APEX – Room 251, Phone: 718-960-1117. Recreation in the APEX includes a pool, fitness center, weight room, indoor track, aerobics room, auxiliary room, and racquetball and tennis courts. Use your valid ID or Lehman 360 Digital ID to gain access.</p>
Basic Needs	<p>Student Affairs Basic Needs Center (BNC) – Old Gym Building, Suite 302D. Phone: 718-960-5639. Students will be connected to essential resources that impact their health, sense of belonging, persistence, and overall well-being. Students can make an appointment with the office in Navigate under Student Support Services.</p> <p>Services: Financial Support, short term grants for students experiencing financial hardship for Emergencies, Housing, Transportation, Textbooks, Course Materials. Laptop/Tablet Loan Program, Citizenship Now, Food Support – healthy food through Lehman Food Bank, SNAP. Professional Clothing – gently used clothing, accessories, and shoes for interviews and job fairs. Virtual Basic Needs Center - Service Request Form – Complete form if you are facing challenges accessing food, stable housing, or financial resources.</p> <p>If you are in danger or need immediate medical attention – call 911. If you need immediate emotional support – Text WELL to 65173 - Available 24/7/365 or Call NYC Well 24/7/365 at 1-888-NYC-WELL (1-888-692-9355).</p>

Books (To purchase and own)	College Bookstore – Old Gym Building, Phone: 718-960-8144. Email: lehmancollege@bkstr.com The bookstore on campus sells textbooks required for your classes, course materials, school supplies, and Lehman apparel. Textbooks are new, used, or available for rent.
Books (To borrow and return)	Leonard Lief Library - The library provides access to books that you can borrow for 8 weeks at a time. There are textbooks, also known as Reserve books, that you can only use in the library for 2 hours at a time – this ensures that all students from your class can use them.
Career, Employment Training, Internships, Jobs	Career Exploration & Development Center (CEDC) – Shuster Hall, Room 254. Phone: 718-960.8366, Email: career.services@lehman.cuny.edu Get help with: Personalized career counseling; Résumé and cover letter assistance; Workshops on interviewing, job-search strategies, networking; Internship, community service, and service learning opportunities. @lehmancareers Experiential Learning Portal – Internships, Jobs, and Life-Long Learning Opportunities
Citizenship	Citizenship Now – provides free, confidential citizenship and immigration law services.
Clothing	Free Professional Clothing, Career Closet - Student Affairs Basic Needs Center (BNC) Purchase t-shirts, hoodies, track pants, hats at the College Bookstore in the Old Gym Building.
Clubs and Events	Office of Campus Life , Student Life Building, Room 219. FB: LehmanOCL IG: lehmanocl Phone: 718-960-8535. Email: campus.life@lehman.cuny.edu Find student clubs and organizations , events , academic societies, co-curricular, social, and pre-professional groups at Lehman College. If you’re a new student, joining a club is a good way to get to know new people and make your student life at Lehman much more meaningful.
Computers, Laptops, Printers, Scanners	Office of Digital Inclusion – Student Device Loaner Program – Carman Hall 140, Monday to Friday 9:30 AM – 4:30 PM, Email: digital.inclusion@lehman.cuny.edu , Phone: 718-960-5692. Borrow a device for the semester (iPad, Chromebook, laptop, Mi-Fi/hotspot). Academic I.T. Center – located on the first floor of Carman Hall, Room 108. It houses PC and Apple computer systems. Laser black and white and color printing is available, as well as scanners. Please use your valid ID or Lehman 360 Digital ID to gain access. Leonard Lief Library – computers available on all four floors. Printers and scanners are located on first floor, third floor, and Concourse/lower level. Please use your valid ID or Lehman 360 Digital ID to gain access. Student Life Building – laptops available for students to use in building only. Please use your valid ID or Lehman 360 Digital ID to gain access. Phone: 718-960-7849
Counseling – Consultations for Faculty & Staff *For Student Mental Health Concerns	Counseling Center – Old Gym Building, Room 114, Phone: 718-960-8761, Email: counseling.center@lehman.cuny.edu The Counseling Center cares about Lehman students. If staff or faculty are concerned about a student’s emotional well-being they can request a consultation to discuss strategies to support and/or refer students. Refer to How to Support a Student in Emotional Distress (For Faculty and Staff) - Kognito Training.
Counseling – Mental Health, Emotional Wellness	Counseling Center – Old Gym Building, Room 114, Phone: 718-960-8761 Email: counseling.center@lehman.cuny.edu Lehman College Counseling Center is committed to diversity, equity and inclusion and is welcoming of all students. Offering free confidential services for registered students. Services: individual and group counseling, coaching, educational events, workshops, classroom presentations, faculty/staff consultation, outreach and engagement. @lehman_counseling

<p>Counseling – Classroom Presentations</p>	<p>Counseling Center – Old Gym Building, Room 114, Phone: 718-960-8761 Email: counseling.center@lehman.cuny.edu</p> <p>Lehman College Counseling Center offers educational workshops and classroom presentations on a variety of mental health and wellness topics. Presentations can be tailored to meet the needs of your class or student group. Some topics include stress management, time management, adulting, counseling center 101, self-care, anxiety, and depression.</p>
<p>Crimes</p>	<p>Reporting Crimes – Public Safety 718-960-8593. On Campus Emergency 718-960-7777. NYC Police Emergency – Call 911.</p>
<p>Disability Services</p>	<p>Office of Student Disability Services (SDS) – Shuster Hall, Room 238. Phone: 718-960-8441. E-mail: disability.services@lehman.cuny.edu</p> <p>If you are a student with a disability or medical condition, either temporary or permanent, please reach out to SDS so we can assist you with your academic goals.</p> <p>Access and Technology Center (ATC) – Leonard Lief Library, Room 146. Current versions of both mainstream and assistive technology programs including ZoomText, JAWS, Kurzweil 3000, Read & Write Gold, Dragon Naturally Speaking Professional, and Abby Fine Reader.</p>
<p>Email</p>	<p>Email - If you are a registered Lehman College student then you have your own college email address which is your Firstname.Lastname@lc.cuny.edu For technical support, please contact the I.T. Help Desk by email at help.desk@lehman.cuny.edu, by phone at 718-960-1111, or in person at the IT Center – Carman Hall, Room 108 or IT Help Desk in Library.</p>
<p>Emergency College Closures and Alerts</p>	<p>CUNY Alert – receive texts, emails and/or voice alerts of emergencies or weather-related campus closings. If Lehman College is closed or delays opening, get information at the Lehman College homepage; or call the Lehman College main telephone number 718-960-8000, for current information. If no emergency closing information is provided, the College will be open.</p>
<p>Emergency Crisis and Intervention</p>	<p>Emergency and Crisis - Are you experiencing personal, emotional, physical, sexual trauma or abuse? Being hurt by a friend, intimate partner or family member? In a relationship crisis? Do you have significant increased distress, thoughts of self-harm or harm to others, thoughts of suicide? If you answered "yes" to any of the questions please get help immediately: Off Campus: call 911 immediately, or call 1-800-273-TALK (National Suicide Prevention Lifeline), or go to the closest hospital emergency room. On Campus: call Lehman College Public Safety - Emergency/24 hour: 718-960-7777</p>
<p>English Language Learning</p>	<p>Adult Learning Center – Speech Building, Room 126. Phone: 718-960-8807. Email: info.alc@lehman.cuny.edu – The ALC offers classes for English Speakers of Other Languages (ESOL) in which adult learners can progress from beginner to advanced levels while developing career-preparation skills.</p> <p>Continuing Education Certificate Programs – English as a Second Language (ESL) Phone: +1 718 960 6914 (English). Phone: +1 718 960 8659 (Español). Email: Esl.Program@lehman.cuny.edu</p> <p>ESL classes are available on a full-time or part-time basis for everyone interested in improving their English skills for personal and professional reasons.</p>
<p>Entertainment</p>	<p>Student Life Building – Games, game room, and student clubs.</p>
<p>Financial Aid</p>	<p>Financial Aid Office - apply for, receive, and maintain eligibility for various types of financial aid. During normal business hours you can Chat with a Live Agent, click on the Lehman Lightning Bot  then type the word "AGENT" in the chatbox to begin a virtual chat.</p>
<p>Food Bank and Housing</p>	<p>Refer to Basic Needs – Student Affairs Basic Needs Center (BNC)</p>

<p>GED, HSE, ABE, ESOL</p>	<p>Adult Learning Center (ALC) – Speech Building, Room 125, Phone: 718-960-7359. Email: info.alc@lehman.cuny.edu Get information on English Speakers of Other Languages (ESOL), High School Equivalency (HSE), Adult Basic Education (ABE), and the General Educational Development Test (GED).</p>
<p>Health, Nutrition Immunizations, Medications</p>	<p>Student Health Center – Old Gym Building, Room B008, Phone: 718-960-8900. Low cost and free healthcare services for students. Free Office visits: Sick, accidents, injuries. Clinical Services and Fees – Physical exams, Women’s Health, Over-the-Counter Medications, Prescription Medications. Nutrition – Providing free nutrition counseling to Lehman College students. Located in Student Health Center, Old Gym Building, B008. @lehmannutrition</p>
<p>How to Support a Student in Emotional Distress</p> <p>*For Faculty and Staff</p>	<p>Kognito Training</p> <ol style="list-style-type: none"> 1. Visit https://cuny.kognito.com/ 2. Log in or create a new account 3. Use Enrollment Key: lehmancaruf 4. Launch At-Risk for Faculty & Staff <p>CUNY has partnered with Kognito to provide staff and faculty access to <i>At-Risk for Faculty & Staff</i>, an interactive, web-based training simulation. The goal is to better prepare student facing and frontline faculty and staff to engage in conversations with students about mental health, respond appropriately and refer students to available resources. Kognito offers a safe, non-confrontational practice environment that models real life classroom experiences and student encounters. The Kognito training is available through December 31, 2023.</p>
<p>Hygiene Products</p>	<p>College Bookstore – Old Gym Building, Phone: 718-960-8144. Email: lehmancollege@bkstr.com</p>
<p>I.D.</p>	<p>Photo ID Schedule – Student, faculty and staff ID’s are taken at Shuster Hall, Room 079, on a first come, first served basis. Your Digital ID is available on Lehman 360.</p>
<p>Library, Studying, Research</p>	<p>Leonard Lief Library – Find Book and Textbooks, Articles, Journals, Academic Streaming Videos, Computers, Printers, Scanners, Calculators, Group Study Rooms, Research Guides, Free Access to the NYT & WSJ, OER Resources, Bloomberg Terminals, and Librarians to help. @leonard_lief_library</p> <ul style="list-style-type: none"> ▪ 24/7 Chat – https://www.lehman.edu/library/chat.php ▪ Email Us – https://lehman.edu/library/email.php ▪ Reference Desk Phone: 718-960-8580 ▪ Please use your valid ID or Lehman 360 Digital ID to gain access.
<p>Meditation, Reflection Spaces, and Quiet Contemplation</p>	<p>Wellness Center – News and events on meditation and wellness. Reflection Space – Located at Leonard Lief Library, Third Floor North. Open to all members of the Lehman College community – is reserved for silent meditation, prayer, or reflection. Zen Meditation Space – available to students, located at the Counseling Center. Art Gallery – The Lehman College Art Gallery is free to the public and specializes in thematic group exhibitions that bring together famous artists with emerging talents. It is committed to ensuring that the galleries are safe, inclusive and respectful places. @lehmancollegeartgallery</p>
<p>Men’s Health</p>	<p>Student Health Center – Old Gym Building, Room B008, Phone: 718-960-8900. A primary care facility available to all Lehman College students with a validated I.D. Men’s Health Services – Annual Men’s Health Exam; Men’s Health Counseling; Testicular and Prostate Exam; Sexually Transmitted Disease testing and treatment; General Lab & STD Testing; Free HIV testing.</p>

Parents and Caregivers	<p>Lehman College Child Care Center - Phone: 718-960-8746 E-mail: LehmanKidsinfo@imagineelc.com</p> <p>Breastfeeding and Lactation Resources- Wellness Center, Old Gym Bldg, Rm007B, 718-960-2415</p> <p>Children’s Books - The Juvenile Collection is located on the 3rd floor of the library. Nonfiction books are shelved together by subject and fiction books are shelved by the author's last name. You are welcome to check books out, at the 1st floor Circulation Desk and take them home for 8 weeks at a time. Ebooks can be renewed online for a period of 40 weeks.</p>
Password Management	<p>Lehman Login Password – update an expired or forgotten password or change your password. CUNYfirst Password – click on Forgot Password, then enter information in the fields.</p>
Public Safety – Lehman College Campus Security	<p>Department of Public Safety – APEX Building, Room 109, Phone: 718-960-8593. Gate 5, 24 hours/7 Days. Phone: 718-960-7777 or 718-960-8228. E-mail: public.safety@lehman.cuny.edu</p> <p>Public Safety Escort Service – Public Safety Escorts are provided on campus and off the premises as far as the closest subway or to the college parking lots directly across the street.</p>
Safe Zone Ally Training	<p>Counseling Center – Old Gym Building, Room 114, Phone: 718-960-8761 Email: counseling.center@lehman.cuny.edu</p> <p>Lehman College Counseling Center is committed to diversity, equity and inclusion and is welcoming of all students. Safe Zone Ally Training is a workshop geared towards ensuring that all campus community members have a common level of basic knowledge and the tools needed to be an effective “safe” person for LGBTQIA+ students and people who are questioning their own sexual orientation or gender identity.</p>
Scholarships	<p>Scholarship Office - Office of Academic Testing and Scholarships, APEX, Room 240, via email at scholarship.office@lehman.cuny.edu or at 718-960-8156. Contact via Navigate.</p> <p>Students are welcome and encouraged to visit and inquire about an array of information regarding internal and external scholarship opportunities.</p>
Sexual Misconduct	<p>Lehman College - Campus Title IX</p> <p>If you recently were Sexually Assaulted:</p> <ul style="list-style-type: none"> • If the incident occurred on-campus, call Public Safety 718-960-7777 or 718-960-8228 • If incident was off-campus, call 911 or go to local NYPD precinct. Contacting the police does not require you to file charges.
Shower Facilities	<p>APEX – Lower Level, Locker Rooms. Use your valid ID or Lehman 360 Digital ID to gain access.</p>
Speech, Hearing, and Language	<p>The Lehman College Speech and Hearing Center - Speech and Theatre Building, Room B50, Phone: 718-960-6084. The Speech and Hearing Center at Lehman College provides state of the art diagnostic and therapeutic services to individuals in the NYC Metropolitan area and to members of the Lehman community who have speech, language, hearing, feeding, and swallowing deficits. All treatment services are at no cost to our clients.</p>
Student Concerns	<p>Student Online Concern Form - One of the goals of the Division of Student Affairs is to assist students with the resolution of issues and concerns in an effort to foster respect across Lehman College and support retention. @lehmanstudentaffairs</p>
Student Veterans	<p>Office of Veteran’s and Military Affairs - Shuster Hall, Room 201. Phone: 718-960-7188 or 718-960-7369. Email: veterans.affairs@lehman.cuny.edu</p> <p>The Office of Veterans and Military Affairs office is a resource center for topics related to your VA benefits as well as your academic affairs. @lehmancollegevets</p>
Technology Help	<p>I.T. Services for Students - I.T. Help Desk at Carman Hall, Room 108. Phone: 718-960-1111. Email: help.desk@lehman.cuny.edu</p> <p>Get support with Blackboard, CUNYfirst, Help Desk, Lehman One Access, Email, Wireless Support – Wi-Fi, Password Management, LehmanQ, and Computer Accounts.</p> <p>Reference Guides – Configuring Mobile Devices with Lehman Email Account and I.T. Quick Facts.</p>

Tuition Payment Plan	Tuition Payment Options For online tuition payment options and your My College Payment Plan schedule.
Tutoring – Humanities, Social Sciences, and Writing	Instructional Support Services Program/Tutoring Access tutoring for humanities, social sciences, and writing ; academic coaching in study skills such as time management, test-taking strategies, and more; and supplemental instruction. Speak/chat with our staff in the Virtual Lehman Tutoring Center , OR click here to request an appointment. @lehman_issp Science Tutoring and Workshops , Gillet Hall 133, Phone: 718-970-7707. Biology, Biostatistics (for Nursing, Public Health, Health Sciences, Pre-Med), Chemistry, Physics.
Tutoring – Computer Science, Math, and Statistics	Computer Science Lab - Gillet Hall Room 222, Phone: 718-960-8878, Email: cs.lab@lehman.cuny.edu The Computer Science Lab (CS Lab) provides tutorial support for introductory level courses, academic and technical workshops for career readiness for students in computer science. Mathematics and Statistics Student Success Center Gillet Hall Room 221-A, Phone: 718-960-8117, Email: MSSS.Center@Lehman.cuny.edu
Urban Male Leadership Program	Urban Male Leadership Program (UMLP) - Old Gym Building, Suite 302, 718-960-8801. The UMLP is focused upon the recruitment, retention, academic success, and graduation of students, especially underrepresented Black and Latino males in higher education. @urbanmale.leh
Virtual Assistance	Lehman Lightning Chatbot – a virtual assistant provides 24x7 text conversations to answer your Lehman College questions. Lehman Navigate – schedule and track advising appointments and get info on campus services Sign in to Lehman Navigate using your CUNY login , or access Lehman Navigate via the App Store , Google Play , or the Lehman College mobile app . Leonard Lief Library - Chat with a Librarian 24/7 .
Wellness Services	Wellness Center - Old Gym Building, Room B007, Phone: 718-960-2415, Email: wellness.education@lehman.cuny.edu - The Wellness Center strives to provide insightful services that enhance the overall wellness of students and the Lehman College Community. Programs and Services: Alcohol and Drug Prevention Services , Wellness Coaching , Outreach and Events, Relationship Education and Violence Prevention, Workshops, Breastfeeding - Lactation Resources, Internship and Volunteer Opportunities. @lehmanwellness
Women’s Health	Student Health Center - Old Gym Building, Room B008, Phone: 718-960-8900. A primary care facility available to all Lehman College students with a validated I.D. Women’s Health Services - Annual or biannual gynecological examinations; Pap smear (regular Pap smear or Thin Prep® Pap smear available); Sexually Transmitted Disease (S.T.D.) testing and treatment; Pregnancy testing; Birth control (birth-control pills, Depo-Provera® injections, and male and female condoms); Women's health counseling and referrals (referrals are made to community health providers, as needed).
Work on Campus	Federal Work Study Program Provides jobs for students with financial need. In order to be placed for a Federal Work Study job for the current Academic Year, students must have Received and Accepted their current academic year’s Federal Work Study Award. This is part of the Financial Aid Award Offer Letter.
Zero Textbook Cost Courses	Find Zero Textbook Cost Courses in CUNYfirst - Some classes don’t require you to buy textbooks. These “Z” courses are specifically listed to help you find affordable classes.