Mental Health & Wellness Resources

- **Being Well at Yale - Self Care** [1]
- **Talk to a Chaplain** [2] - virtual appointments available with the Chaplain's Office
- **Tea Time with Tracy George** [3], Director of the Good Life Center
- **Customizable Daily Self-Care Routine & Self-Care Rituals** [4]
- **CommuniTea Time & Guided Meditations**
- **Guided Online Meditations from Tracy George** [6]
- **Be Well Wherever You Are Series** [7] with Lauren Horner, Student Health Educator
- **GPSS Resources** [8]
  - **Asian American Cultural Center COVID-19 Peer Support Group Series** [9]
- **Managing Stress** [10] - Yale's LinkedIn Learning Resources
- **Manage Anxiety & Stress** [12] - the CDC's guide for taking care of your mental health during COVID-19
- **Mindfulness-Based Strengths Practice** [13] - April 9, 5-6:30 PM, led by Danielle Casioppo, Yale Health Educator
- **Yale Peer Wellness Counselors Online Resources List** [14]
- **Worklife resources for those with children and pets** [15]

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**Links:**
Mental Health & Wellness Resources
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[6] https://soundcloud.com/yaleuniversity/sets/guided-meditations-for-the
[8] https://gpsenate.yale.edu/covid-19-resources
[9] https://docs.google.com/forms/d/e/1FAIpQLScLVAWPQZI4rj1UU3Vlz1TXiKYoTEWwASWRbmteQ79uTauEg/viewform
[10] https://www.linkedin.com/learning/collections/enterprise/1~AAAAAAAAGM5k=899030?u=2110361
[14] https://docs.google.com/document/d/1HI9IKfBjBNy1jhfQdQnMoml9zFLKzgqLAEcLDzxNRk/edit