Mental Health & Wellness Resources

**Being Well at Yale - Self Care** [1]

**Talk to a Chaplain** [2] - virtual appointments available with the Chaplain's Office

**Customizable Daily Self-Care Routine & Self-Care Rituals** [3]

**Guided Online Meditations from Tracy George** [4]

**Be Well Wherever You Are Series** [5] with Lauren Horner, Student Health Educator

**GPSS Resources** [6]

**Asian American Cultural Center COVID-19 Peer Support Group Series** [7]

**Managing Stress** [8] - Yale's LinkedIn Learning Resources

**Happiness Lab Podcast** [9] - with coronavirus bonus episodes

**Manage Anxiety & Stress** [10] - the CDC's guide for taking care of your mental health during COVID-19

**Yale Peer Wellness Counselors Online Resources List** [11]

**Worklife resources for those with children and pets** [12]

**An Ecotherapeutic Meditation In Ten Steps** [13]

**Webinar Series focused on Supporting the Emotional Well-Being of Asian Students** [14] - organized by MGH's Center for Cross-Cultural Student Emotional Wellness

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**Source URL:** https://oiss.yale.edu/covid-19-information/resources/mental-health-wellness-resources

**Links:**
[4] https://soundcloud.com/yaleuniversity/sets/guided-meditations-for-the
[7] https://docs.google.com/forms/d/e/1FAIpQLScLVAWQZIE4rj1UU3Vlz1TXiKYIoTEWwASWRbmteQ79uTauEg/viewform
[8] https://www.linkedin.com/learning/collections/enterprise/1~AAAAAAAAGM5k=899030?u=2110361
[11] https://docs.google.com/document/d/1HI9KiuibjBNy1jhfQdQnmomI9zFLKzgqLAEcLDzxN9k/edit
[14] https://www.mghstudentwellness.org/webinars