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


CommuniTea Time & Guided Meditations
- Mondays, 4-4:30 PM [5] (4/13, 4/20, 4/27)

Guided Online Meditations from Tracy George [6]

Be Well Wherever You Are Series [7] with Lauren Horner, Student Health Educator

GPSS Resources [8]


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]

An Ecotherapeutic Meditation In Ten Steps [16]

Webinar Series focused on Supporting the Emotional Well-Being of Asian Students [17]- organized by MGH's Center for Cross-Cultural Student Emotional Wellness

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Links:
[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/1FAIpQLScLVAWQZIE4rj1UU3Vlz1TXiKYIoTEWwASWRbmteQ79uTauEgviewform
[10] https://www.linkedin.com/learning/collections/enterprise/1~AAAAAAAAgM5k=899030?u=2110361
[14] https://docs.google.com/document/d/1HI9lKifbjBNy1jhjQdQnmodmI9zFLKzgqLAEdLd3xNRk/edit
[17] https://www.mghstudentwellness.org/webinars