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]


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

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/1FAIpQLScLVAWQZIE4rj1UU3Vlz1TXiKYfoTEWwASWRbmteQ79uTauEg/viewform
[8] https://www.linkedin.com/learning/collections/enterprise/1~AAAAAAAgM5k=899030?u=2110361
[11] https://docs.google.com/document/d/1HI9lKlfbjBNy1JhfQdQnmmol9zFLKzgqLAEcLDzxnRk/edit
[14] https://www.mghstudentwellness.org/webinars