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** [4] (4/6, 4/13, 4/20, 4/27)

**Guided Online Meditations from Tracy George** [5]

**Be Well Wherever You Are Series** [6] with Lauren Horner, Student Health Educator

**GPSS Resources** [7]

**Asian American Cultural Center COVID-19 Peer Support Group Series** [8]

**Managing Stress** [9] - Yale's LinkedIn Learning Resources

**Happiness Lab Podcast** [10] - with coronavirus bonus episodes

**Manage Anxiety & Stress** [11] - the CDC's guide for taking care of your mental health during COVID-19

**Mindfulness-Based Strengths Practice** [12] - April 9, 5-6:30 PM, led by Danielle Casioppo, Yale Health Educator

**Yale Peer Wellness Counselors Online Resources List** [13]

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Links:
[5] https://soundcloud.com/yaletalk/university/sets/guided-meditations-for-the
[7] https://gpsenate.yale.edu/covid-19-resources
[8] https://docs.google.com/forms/d/e/1FAIpQLScLVAWQZlE4rj1UU3Viz1TXiKYfoTEWwASWRbmteQ79uTauEg/vi
ewform
[9] https://www.linkedin.com/learning/collections/enterprise/1~AAAAAAAgM5k=899030?u=2110361
[13] https://docs.google.com/document/d/1HI9lKifbjBNy1JdfQdQnmomI9zFLKzgqLAEcLDxNRk/edit