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]

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

Links: