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
  - Wednesdays, 12-12:30 PM [5] (4/29)

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

Yale Peer Wellness Counselors Online Resources List [13]

Worklife resources for those with children and pets [14]

An Ecotherapeutic Meditation In Ten Steps [15]

Webinar Series focused on Supporting the Emotional Well-Being of Asian Students [16] - 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:
Mental Health & Wellness Resources
Published on Office of International Students & Scholars (https://oiss.yale.edu)

[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/1FAIpQLScLVAWQZIE4rj1UU3Vlz1TXiKYI0TEWwASWRbmteQ79uTauEg/viewform
[10] https://www.linkedin.com/learning/collections/enterprise/1~AAAAAAAgM5k=899030?u=2110361
[13] https://docs.google.com/document/d/1HI9IIfbtbBNy1jhfQdQnmomI9zFLKzqLAECtdxzNRk/edit
[16] https://www.mghstudentwellness.org/webinars