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]


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

Happiness Lab Podcast [10] - with coronavirus bonus episodes


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]

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

Links:
[5] https://soundcloud.com/yaleuniversity/sets/guided-meditations-for-the
[7] https://gpsenate.yale.edu/covid-19-resources
[8] https://docs.google.com/forms/d/e/1FAIpQLScLVAWQZI54Fj1UU3rVz1TXKYoTETwASWRbmteQ79uTaeEg/viewform
[9] https://www.linkedin.com/learning/collections/enterprise/1~AAAAAAAAgM5k=899030?u=2110361
[13] https://docs.google.com/document/d/1HI9lKtbfjBNy1jhfQdQnmomI9zFLKzgqLAEcLDzxNRk/edit