Mental Health & Wellness Resources

- **Being Well at Yale - Self Care** [1]
- **Chaplain's Office** [2] - virtual appointments available
- **Guided Online Meditations from Tracy George** [3]
- **Be Well Wherever You Are Series** [4] with Lauren Horner, Student Health Educator
- **GPSS Resources** [5]
- **Asian American Cultural Center - Wellness Wednesdays** [6]
- **Managing Stress** [7] - Yale's LinkedIn Learning Resources
- **Happiness Lab Podcast** [8] - with coronavirus bonus episodes
- **Manage Anxiety & Stress** [9] - the CDC's guide for taking care of your mental health during COVID-19
- **Yale Peer Wellness Counselors Online Resources List** [10]
- **Worklife resources for those with children and pets** [11]
- **An Ecotherapeutic Meditation In Ten Steps** [12]
- **Webinar Series focused on Supporting the Emotional Well-Being of Asian Students** [13] - organized by MGH's Center for Cross-Cultural Student Emotional Wellness

Source URL: [https://oiss.yale.edu/covid-19-resources/mental-health-wellness-resources](https://oiss.yale.edu/covid-19-resources/mental-health-wellness-resources)

Links:
[2] https://chaplain.yale.edu/
[3] https://soundcloud.com/yaleuniversity/sets/guided-meditations-for-the
[5] https://gpsenate.yale.edu/covid-19-resources
[6] https://www.youtube.com/watch?v=qXQE2vFSM8&amp;t=4s
[7] https://www.linkedin.com/learning/collections/enterprise/1~AAAAAAAgM5k=899030?u=2110361
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Published on Office of International Students & Scholars (https://oiss.yale.edu)

[10] https://docs.google.com/document/d/1HI9IKitbjBNy1jhfQdQnmol9zFLKzgqLAEcLDzxNRk/edit