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:**

[1] [https://beingwell.yale.edu/covid-19-self-care](https://beingwell.yale.edu/covid-19-self-care)
[2] [https://chaplain.yale.edu/](https://chaplain.yale.edu/)
[3] [https://soundcloud.com/yaleuniversity/sets/guided-meditations-for-the](https://soundcloud.com/yaleuniversity/sets/guided-meditations-for-the)
[4] [https://www.facebook.com/events/2652719148189546/?event_time_id=2652719154856212](https://www.facebook.com/events/2652719148189546/?event_time_id=2652719154856212)
[5] [https://gpsenate.yale.edu/covid-19-resources](https://gpsenate.yale.edu/covid-19-resources)
[6] [https://www.youtube.com/watch?v=]XQEv2vFSM8&aq=4s
[7] [https://www.linkedin.com/learning/collections/enterprise/1~00000000AAGM5k=899030?u=2110361](https://www.linkedin.com/learning/collections/enterprise/1~00000000AAGM5k=899030?u=2110361)
[8] [https://www.happinesslab.fm/coronavirus-bonus](https://www.happinesslab.fm/coronavirus-bonus)
[10] https://docs.google.com/document/d/1HI9IkfbjBNy1jhfQdQnmol9zFLKzgLeALdxNRk/edit