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

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=XQEv2vFSM8&t=4s
[7] https://www.linkedin.com/learning/collections/enterprise/1~AAAAAAAgM5k=899030?u=2110361
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[10] https://docs.google.com/document/d/1HI9iKifbjBNy1jhfQdQnmmomI9zFLKzqELAEcLDzxNRk/edit