Mental Health & Wellness Resources

Sources:

1. Being Well at Yale - Self Care
2. Chaplain's Office - virtual appointments available
3. Guided Online Meditations from Tracy George
4. Be Well Wherever You Are Series with Lauren Horner, Student Health Educator
5. GPSS Resources
6. Asian American Cultural Center - Wellness Wednesdays
7. Managing Stress - Yale's LinkedIn Learning Resources
8. Happiness Lab Podcast - with coronavirus bonus episodes
9. Manage Anxiety & Stress - the CDC's guide for taking care of your mental health during COVID-19
10. Yale Peer Wellness Counselors Online Resources List
11. Worklife resources for those with children and pets
12. An Ecotherapeutic Meditation In Ten Steps
13. Webinar Series focused on Supporting the Emotional Well-Being of Asian Students, 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
4. https://www.facebook.com/events/2652719148189546/?event_time_id=2652719154856212
5. https://gpsenate.yale.edu/covid-19-resources
6. https://www.youtube.com/watch?v=XQEv2FSM8t4s
7. https://www.linkedin.com/learning/collections/enterprise/1~AAAAAAAgM5k=899030?u=2110361
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[10] https://docs.google.com/document/d/1HI9lKiftbujNy1jhfQdQnmol9zFLKzgqLAEcLDzxNRk/edit