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=JXQEv2vFSM8&t=4s
[7] https://www.linkedin.com/learning/collections/enterprise/1~AAAAAAAgM5k=899030?u=2110361
[10] https://docs.google.com/document/d/1HI9IkJtJPEGNy1jhfQdQnmOl9zFLKzgQAECdLDzxNRk/edit