

Mental Health & Wellness Resources



If you are feeling anxious, distracted or stressed it is always helpful to talk to others:

- Yale students and benefits eligible employees should consider talking with a clinician. It's completely confidential. You can contact [Yale Mental Health and Counseling](#) [1].
- Even if you do not identify with a religion, the [Yale Chaplain's Office](#) [2] is a comfortable environment representing a variety of traditions and viewpoints. All university chaplains are trained in pastoral care and welcome the opportunity to help all members of the Yale community talk through the issues. Virtual appointments are available.
- [Being Well at Yale](#) [3] engages community members in activities that are geared towards easing stress and finding support through meditation or movement activities.
- As always, the staff at OISS are here to hear concerns and to direct students, scholars and family members to the best resources. You can contact your adviser [here](#) [4] or reach out to our [director](#) [5] or [associate director](#) [6].

[Being Well at Yale - Self Care](#) [7]

[Guided Online Meditations from Tracy George](#) [8]

[Be Well Wherever You Are Series](#) [9] with Lauren Horner, Student Health Educator

[GPSS Resources](#) [10]

[Asian American Cultural Center - Wellness Wednesdays](#) [11]

[Managing Stress](#) [12] - Yale's LinkedIn Learning Resources

[Happiness Lab Podcast](#) [13] - with coronavirus bonus episodes

[Manage Anxiety & Stress](#) [14] - the CDC's guide for taking care of your mental health during COVID-19

[Yale Peer Wellness Counselors Online Resources List](#) [15]

[Worklife resources for those with children and pets](#) [16]

[An Ecotherapeutic Meditation In Ten Steps](#) [17]

[Webinar Series focused on Supporting the Emotional Well-Being of Asian Students](#) [18]- organized by MGH's Center for Cross-Cultural Student Emotional Wellness

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Source URL: <https://oiss.yale.edu/covid-19-resources/mental-health-wellness-resources>

Links:

- [1] <https://yalehealth.yale.edu/directory/departments/mental-health-counseling>
- [2] <https://chaplain.yale.edu/>
- [3] <https://beingwell.yale.edu/programs/stress-reduction/being-well-yale-resources>
- [4] <https://oiss.yale.edu/about/contact-oiss>
- [5] <https://oiss.yale.edu/about/oiss-staff/ann-kuhlman>
- [6] <https://oiss.yale.edu/about/oiss-staff/parker-emerson>
- [7] <https://beingwell.yale.edu/covid-19-self-care>
- [8] <https://soundcloud.com/yaleuniversity/sets/guided-meditations-for-the>
- [9] https://www.facebook.com/events/2652719148189546/?event_time_id=2652719154856212
- [10] <https://gpsenate.yale.edu/covid-19-resources>
- [11] <https://www.youtube.com/watch?v=jXQEv2vFSM8&t=4s>
- [12] <https://www.linkedin.com/learning/collections/enterprise/1~AAAAAAGM5k=899030?u=2110361>
- [13] <https://www.happinesslab.fm/coronavirus-bonus>
- [14] https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fprepare%2Fmanaging-stress-anxiety.html
- [15] <https://docs.google.com/document/d/1HI9IKifbjBNy1jhfQdQnmomI9zFLKzggLAEcLDzxNRk/edit>
- [16] <https://your.yale.edu/work-yale/benefits/work-life-and-childcare/parenting/covid-19-worklife-resources>
- [17] <https://www.nytimes.com/interactive/2020/04/03/style/self-care/coronavirus-guided-meditation-nature.html>
- [18] <https://www.mghstudentwellness.org/resources-1/webinar-5-understanding-and-supporting-asian-international-students-during-covid-19>