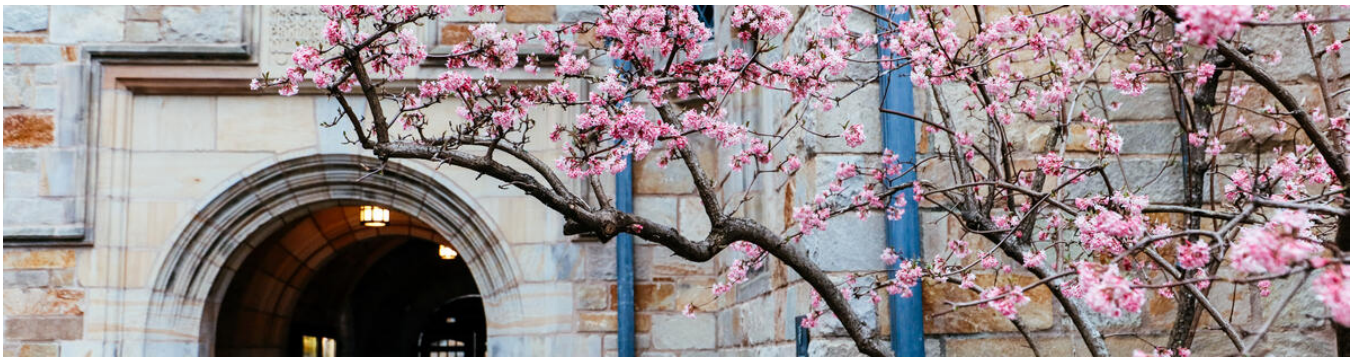
Mental Health



Stay healthy in mind and spirit by taking care of yourself and seeking the support you need, when you need it. If you are having difficulty managing your work, studies, cultural adjustment, home life, relationships, or any other personal matter, there are many caring individuals in the community who can provide support, comfort and a listening ear. OISS advisers are good listeners and can make referrals to a counselor, psychologist or other mental health professional.

In your country it may not be common to seek the help of a doctor or therapist for personal problems. However, in the United States, there is no stigma or shame in asking for help from a psychologist or other mental health professional. Everything you discuss with a mental health clinician is held in strictest confidence. Do not hesitate to reach out and ask for assistance. Everyone needs extra support sometimes.

Who Do I Contact?

Student members of Yale Health should contact Mental Health & Counseling [1] to make an appointment with a mental health professional.

Faculty and staff members of Yale Health should contact the Department of Behavioral Health [2] in partnership with Yale University Personal Wellness (Employee Assistance Program provided by Optum) [3] or call (866) 416-6586.

If you are in crisis, you can visit or call Yale Health Acute Care [4] 24 hours a day, seven days a week.

Yale offers free (anonymous) online mental health screenings **[5]** for depression, eating disorders, alcohol, anxiety/PTSD, which you may find helpful.

Additional Resources

- The Good Life Center [6] at Silliman College - Student Wellness Center
- Student Wellness at Yale Health [7] - Healthy lifestyle advice
- The Yale Chaplain's Office [8] 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 [9] engages community members in activities that are geared towards easing stress and finding support through meditation or movement activities.
- Being Well at Yale's Self-Care Tips [10]
- Guided Online Meditations from Tracy George [11]
- Be Well Wherever You Are Series [12] with Lauren Horner, Student Health Educator
- GPSS Resources [13]

- Asian American Cultural Center - Wellness Wednesdays [14]
- Managing Stress [15] - Yale's LinkedIn Learning Resources
- Happiness Lab Podcast [16] - with coronavirus bonus episodes
- Manage Anxiety & Stress [17] - the CDC's guide for taking care of your mental health
- Yale Peer Wellness Counselors Online Resources List [18]
- Yale Worklife Resources for those with children [19]
- An Ecotherapeutic Meditation In Ten Steps [20]
- Webinar Series focused on Supporting the Emotional Well-Being of Asian Students [21]- organized by MGH's Center for Cross-Cultural Student Emotional Wellness
- Feeling Stressed? [22] - Tips for Managing Stress
- Healthy Eating [23]
- Office of Student Accessibility Services (formerly known as the Resource Office on Disabilities) [24]
- Safe Sex [25]
- Taking Control - Alcohol, Tobacco and Other Drugs [26]
- 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 [27] or reach out to our Director Ozan Say [28] or Associate Directors Molly Hampton [29] or Mihwa Lee [30].

Source URL:https://oiss.yale.edu/life-at-yale/health-wellness/mental-health

Links
[1] http://yalehealth.yale.edu/directory/departments/mental-health-counseling [2] http://yalehealth.yale.edu/behavioralhealth [3] https://www.liveandworkwell.com/content/en/member.html [4] http://yalehealth.yale.edu/directory/departments/acute-care [5] http://screening.mentalhealthscreening.org/YALE [6] https://www.yaleglc.com/ [7] https://yalehealth.yale.edu/directory/departments/student-health-education [8] https://chaplain.yale.edu/ [9] https://beingwell.yale.edu/programs/stress-reduction/being-well-yale-resources [10] https://beingwell.yale.edu/covid-19-self-care [11] https://soundcloud.com/yaleuniversity/sets/guided-meditations-for-the [12] https://www.facebook.com/events/2652719148189546/?event_time_id=2652719154856212 [13] https://www.gpsenate.yale.edu/covid-resources [14] https://www.youtube.com/watch?v=jXQEv2vFSM8&t=4s [15] https://www.linkedin.com/learning/collections/enterprise/1~AAAAAAAgM5k=899030?u=2110361 [16] https://www.happinesslab.fm/coronavirus-bonus [17] https://www.cdc.gov/mentalhealth/stress-coping/index.html [18] https://docs.google.com/document/d/1HI9lKifbjBNy1jhfQdQnmomI9zFLKzgqLAEcLDzxNRk/edit [19] https://your.yale.edu/work-yale/benefits/worklife-and-childcare/childcare [20] https://www.nytimes.com/interactive/2020/04/03/style/self-care/coronavirus-guided-meditation-nature.html [21] https://www.mghstudentwellness.org/resources-1/webinar-5-understanding-and-supporting-asian-international-students-during-covid-19 [22] https://yalehealth.yale.edu/more/stress-relief-relaxation-healthy-sleep [23] https://yalehealth.yale.edu/more/nutrition-and-healthy-eating [24] https://rod.yale.edu/ [25] https://yalehealth.yale.edu/safer-sex [26] https://yalehealth.yale.edu/alcohol-tobacco-and-other-drugs [27] https://oiss.yale.edu/about/connect-with-oiss [28] https://oiss.yale.edu/user/454 [29] https://oiss.yale.edu/user/7086 [30] https://oiss.yale.edu/user/252