COVID-19 Support and Resources

These last two weeks have been a stressful time for many in the Yale community, especially for our students, faculty, and researchers currently outside of the U.S. and those who recently arrived in the U.S. For those of you with family and friends in the affected areas this is a particularly anxious time.

These difficult times call on us all to be kind and respectful of one another and to make sure that if we know of someone who needs help that we refer them to the available Yale resources. Please stay tuned to messages from Yale Health [1] as this situation evolves, including changing university protocols. The following is a short list of some resources that are available to those in the New Haven area.

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 [2].
- Even if you do not identify with a religion, the Yale Chaplain’s Office [3] 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.
- Being Well at Yale [4] 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 [5] or reach out to our director [6] or associate director [7].

Finally, if you are an international student or scholar currently overseas and are having difficulty returning to the U.S. due to restricted travel policies and limited transportation, please email ann.kuhlman@yale.edu [8] if you have not already done so.

If you have arrived from China since January 20th, please complete the Yale Health registration form [9] so that they can determine the best support for your situation.
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Links:
[3] https://chaplain.yale.edu/
[5] https://oiss.yale.edu/about/contact-oiss
[6] https://oiss.yale.edu/about/oiss-staff/ann-kuhlman
[7] https://oiss.yale.edu/about/oiss-staff/parker-emerson
[8] mailto:ann.kuhlm&n@yale.edu
[9] https://yalesurvey.ca1.qualtrics.com/jfe/form/SV_b1oDOykVKsb4nHf