Did you know that Yale Mental Health & Counseling has an International Student Group that meets regularly throughout the semester?

This semester, Wendy Cook, PsyD and Vahideh Tabarzadi, MD from Mental Health and Counseling will meet with interested international students for a 1 hour, virtual conversation. This group is aimed to increase social support, reduce cultural isolation, and normalize the challenges of studying abroad. Some examples of topics that can be discussed include:

- language difficulties
- cultural misunderstandings
- experiencing acculturative stress
- racial discrimination
- loss of social support within and outside of the Yale community

If you're interested in learning more or joining this group, please contact [Yale Mental Health & Counseling](https://oiss.yale.edu) [1].