

Mental Health & Wellness Support & Resources

March 31, 2025



It's always good to remember all of the resources Yale has in place to provide you with mental health and wellness support. Please remember that we are here to support you at OISS, so please [contact us](#) [1] if and when you need us, and we can, at the very least, guide you to the appropriate resource on campus.

- Any students in need of support can contact [Mental Health and Counseling at Yale Health](#) [2], where assistance is available around the clock. The telephone number is (203) 432-0290 during business hours and for urgent concerns after hours. Faculty and staff can find information about Yale's Employee Assistance Program at [Yale Signature Benefits | It's Your Yale](#) [3].
- [The Chaplain's Office](#) [4] (Old Campus, Bingham Hall, Entryway D; (203) 432-1128), [Yale Religious Ministries](#) [5] and the [Joseph Slifka Center for Jewish Life at Yale](#) [6], (80 Wall Street; (203) 432-9419) are among the resources available to all members of our community.
- [The Yale College Community Care \(YC3\)](#) [7] team is available for undergraduate students.
- We (OISS) are open at 421 Temple Street or by phone at (203) 432-2305 to anyone who needs support and we are here for you.

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Links

[1] <https://oiss.yale.edu/about/connect-with-oiss> [2] <https://yalehealth.yale.edu/department/mental-health-counseling> [3] <https://your.yale.edu/work-yale/benefits/yale-signature-benefits#sb-personalwellness> [4] <https://chaplain.yale.edu/> [5] <https://chaplain.yale.edu/people/ym-members> [6] <https://slifkacenter.org/> [7] <https://yalecollege.yale.edu/getting-help/yale-college-community-care-yc3>