

IT'S OKAY TO NOT BE OKAY

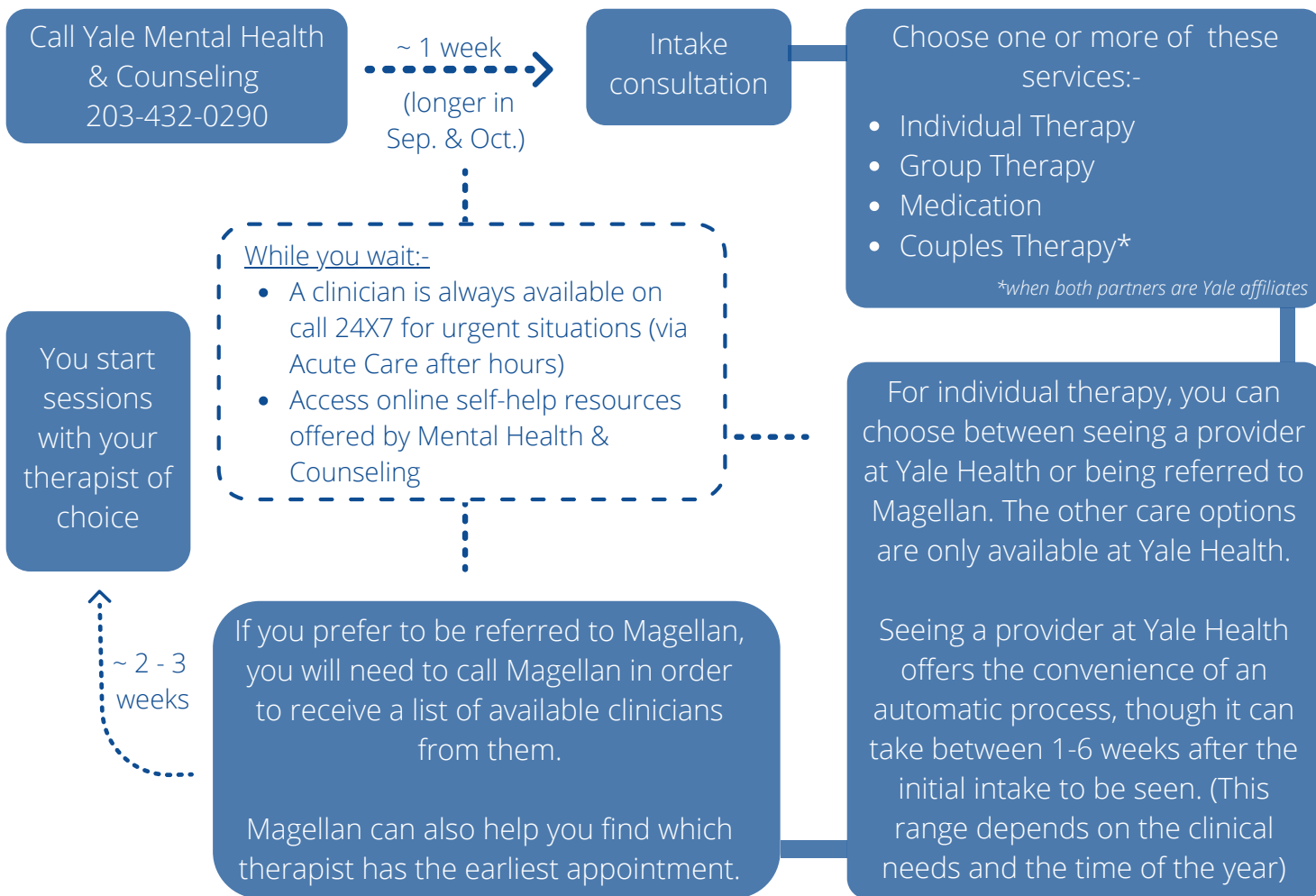
You're not alone in this!

*More than 50% of
graduate students
access mental
healthcare services
at Yale*

Yale Resources Available

- Yale Mental Health & Counseling
 - Individual Therapy
 - Group Therapy
 - Couples Therapy
- Crisis Resources
- Anonymous Online Screening
- Good Life Center

How to access Mental Health & Counseling at Yale



Other Resources:-



Crisis Resources

- 203-432-0290 -- Mental Health & Counselling | M-F 8am - 5pm | After calling, ask for the therapist on call
- 203-432-0123 -- Acute Care | After business hours and weekends | Ask for the mental health clinician on call



Yale Good Life Center

The GLC aims to empower students with evidence-based skills for fostering mental, physical, and social well-being, and to cultivate a campus culture that promotes wellness as a fundamental, accessible human right.

Anonymous Online Screening

Take a free and confidential online assessment to help you guide your decision about seeking professional care.



Student Health Education

Free 1-on-1 health coaching for students who are looking to make positive lifestyle changes (sleep, time management, stress, physical activity, etc.) | 203-436-5464