

STUDENT MENTAL HEALTH AND WELLNESS PROGRAM

The YSM Student Mental Health and Wellness Program plays an important role in supporting the mental health of YSM students. The program provides short-term mental health consultation and intervention to address mild-to-moderate severity symptoms (e.g., depressed mood or anxiety) or acute adjustment issues (e.g., role stress, grief, relationship changes). These sessions can be virtual or in-person. If longer-term mental health concerns and need for treatment are identified, the program team will facilitate the transition to Yale Health Mental Health & Counseling or Magellan through Mental Health & Counseling and support students in getting connected to those ongoing services.

In addition to the mental health services provided by a social worker and psychologist, a wellness counselor works with students to address needs related to time and stress management, well-being, and self-care. The staff also facilitates groups and wellness seminars around topics of interest to YSM students.