



NYU

GRADUATE SCHOOL
OF ARTS & SCIENCE

COVID-Related Resources for Students

- [Wellness Exchange](#)
 - Phone: (212) 443-9999 (24/7 hotline)
 - Email: wellness.exchange@nyu.edu
- [NYU Returns: 2020-21 Academic Year Student Resources](#)
- [NYU COVID-19 Emergency Relief Grant](#)
- [Resources for Students with Children](#)
- [Mental Health During COVID-19: Tips for Students](#)
- [The Moses Center for Student Accessibility](#)
- [Student Health Center](#) - provides students with the following services: medical, counseling, health promotion, pharmacy, etc.
- [Counseling and Wellness Services](#) - offers students free short-term counseling
- [Wellness Workshops](#) - Students can join a wellness workshop by calling (212) 998-4780. Wellness workshops are offered on mindfulness, stress management during uncertain times, procrastination, time management, etc.
- [Group Counseling](#) - Students can call (212) 998-4780 to sign up for a group. A graduate student support group meets on Thursdays, 3pm - 4:30pm. Please visit the group counseling webpage for the full list of groups.
- [NYU Classes: Zoom Guide for Students](#)
- [Student Tech Guide](#)
- [Library Services](#)
- [NYU Engage](#) - online community for students to learn about and join clubs and organizations as well as find out about events.
- [NYU Violet Network](#) - NYU's official online community for making professional connections. Students can engage in mentoring, networking, and professional development opportunities.
- [NYU Virtual Recreation Classes](#) - even though the gyms remain closed, virtual recreation classes are available and FREE to the ENTIRE NYU Community
- [Free Meditation and Yoga](#)

Last updated: October 26, 2020