DON’T STRUGGLE ALONE

FEELING OVERWHELMED?

› REACH OUT to your friends, house team, REFS, Peer Ears...
› TALK to your professor or advisor about your workload.
› GRAD STUDENTS: Talk to Graduate Personal Support (GPS) staff in ODGE.

› UNDERGRADS: Talk to Student Support Services (S3).
› BE IN TOUCH with MIT Medical’s Mental Health and Counseling Service.

WE ARE STRONGER TOGETHER
MIT CARES ABOUT MENTAL HEALTH

together.mit.edu/askforhelp