DON’T STRUGGLE ALONE
IT’S OKAY TO ASK FOR HELP
MIT CARES ABOUT MENTAL HEALTH

together.mit.edu/askforhelp
DON’T STRUGGLE ALONE

› **REACH OUT** to your friends, house team, REFS, Peer Ears...

› **UNDERGRADS:** Talk to Student Support Services (S³).
  Where: 5-104  |  Call: 617-253-4861

› **GRAD STUDENTS:** Talk to Graduate Personal Support (GPS) staff in ODGE.
  Where: 3-138  |  Call: 617-253-4860

› **TALK** to your professor or advisor about your workload.

› **BE IN TOUCH** with MIT Medical’s Mental Health and Counseling Service.
  Where: E23 3rd flr  |  Call: 617-253-2916

WE ARE STRONGER TOGETHER
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