



DON'T STRUGGLE ALONE

IT'S OKAY TO ASK
FOR **HELP**

MIT CARES ABOUT MENTAL HEALTH



Massachusetts
Institute of
Technology

resources.mit.edu/support



DON'T STRUGGLE ALONE

- › **REACH OUT** to friends or people in your living community.
- › **UNDERGRADS:** Talk to Student Support Services (S³).
Where: 5-104 | Call: 617-253-4861
- › **GRAD STUDENTS:** Talk to Graduate Personal Support (GPS) staff.
Where: 3-138 | Call: 617-253-4860
- › **TALK** to your professor or advisor about your workload.
- › **BE IN TOUCH** with MIT Medical's Student Mental Health and Counseling Services.
Where: E23 3rd flr | Call: 617-253-2916

WE ARE STRONGER
TOGETHER

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