DON’T STRUGGLE ALONE

FEELING OVERWHELMED?

› REACH OUT to friends or people in your living community.
› TALK to your professor or advisor about your workload.
› 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
› 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
MIT CARES ABOUT MENTAL HEALTH

resources.mit.edu/support