DON’T STRUGGLE ALONE

IT’S OKAY TO ASK FOR HELP
MIT CARES ABOUT MENTAL HEALTH

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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