

A Brief List of MIT Support Resources



MindHandHeart

***Student Mental Health and Counseling Services (UG,G)**

Support for those dealing with personal concerns, including anxiety, depression, relationship problems, or stress.

• Location: E23 3rd Floor • Hours: M-Th, 8:30am-7pm, F, 8:30am-5pm • Urgent Walk-in Hours: M-F, 2-4pm • 617-253-4861

***Let's Chat (UG,G)**

Easy access to informal, free consultations with counselors from MIT Medical's Mental Health & Counseling Service. No appointment needed. • Location: 8-316 • Hours: Tue, 1 - 3pm

***Violence Prevention and Response (VPR) (All)**

Help in dealing with sexual assault, intimate partner violence (IPV), stalking and unhealthy relationships. Provides advocacy, a listening ear, support in arranging accommodations • Location: E23 4th Floor • Hours: M-F, 9am-5pm

***Ombuds (All)**

Independent and neutral resource that helps MIT community members express concerns, resolve disputes, manage conflicts, and learn more productive ways of communicating • Location: 10-213 • Hours: M-F, 9am-5pm

***MIT Chaplains (All)**

Represent many of the world's religions, serve both their own religious communities and the larger MIT community. MIT Chaplains are available for counseling, private talks, and consultation • Web: studentlife.mit.edu/rl/who-we-are

Student Support Services (S³) (UG)

Support, advocacy, and referrals for students facing academic or personal challenges • Location: 5-104 • Hours: M-F, 9am-5pm • Walk-in hours: Mon-Fri, 10-11 am and 2-3 pm • Phone: 617-253-4861

Dean On Call (All)

If you need help after hours and don't know where to go, the Dean on Call can help direct you to the best place for support • Phone: 617-253-1212 (Ask to speak with the Dean on Call) • Hours: M-F, 5PM - 9AM, 24 hours on Sat & Sun

Student Disability Services (SDS) (UG)

Provide comprehensive academic and personal support to students • Location: 5-104 • Phone: 617-253-1674
• Email: sds-all@mit.edu

Title IX (All)

Oversees the Institute's response to reports that involve gender discrimination to monitor outcomes, identify and address patterns, and assess effects on campus climate • Location: W31-223 • Email: titleix@mit.edu

International Students Office (ISO) (UG,G)

Helps international students and recent alumni to navigate life, health, and legal considerations before during and after arriving at MIT. • Location: E18-219 • Hours: M-F, 9am-4pm, closed Wednesday mornings 10-11:30am

Alcohol and Other Drug Services (AODS) (All)

AODS supports students dealing with issues related to alcohol and other drug abuse, stress, and violence • Location: W20-507 • Phone: 617-258-6499 • Web: studentlife.mit.edu/aods

Office of Minority Education (OME) (UG)

Helps underrepresented minority students navigate the landscape of MIT. Provides tutorial programs such as Seminar XL and tutoring through the TSR^2 • Location: 4-107 • Hours: M-F, 9am-5:30pm

LGBTQ@MIT (All)

Offers a broad spectrum of services, activities, and resources for LGBTQ, questioning, and supportive individuals • Location: Rainbow Lounge: Walker Memorial, 50-250 • Email: lbgt@mit.edu

***MedLinks (UG)**

Students serve as liaisons between undergraduate students and MIT Medical, who support the health and well-being of MIT students—both in their living groups and across campus. • Location: Dorms and FSILGS • Web: medlinks.mit.edu

Graduate Personal Support (G)

Advice and counsel on faculty/student relationships, conflict negotiation, funding, academic progress, interpersonal concerns, rights and responsibilities, and more • Location: 3-138 • Phone: 617-253-9464

***Resources for Easing Friction and Stress (REFS) (G)**

Offers peer support for grad students providing low barrier, confidential services in the form of support, coaching, listening, de-escalation, and informal mentoring and mediation. • Location: 50-220 • Hours: M-F, 9am-5pm • Phone: 617-253-3276 • Web: refs.mit.edu/

MIT Work-Life Center (All)

Offers direct services that enhance the quality of life for the MIT community. Services such as consultations and referrals are available at no cost to members of MIT and their partners and families • Location: NE49-5000 • Hours: M-F, 9am-5pm

Confidential resources will not report any information to the Title IX Office. Conversations are kept strictly confidential and, except in rare, extreme circumstances (including imminent risk of harm to self or others), nothing will be shared without your permission.

Asterisks (*) mark confidential resources
UG = Undergraduate Resource
G = Graduate Student Resource
All = All of MIT

*Office of Multicultural Programs (UG,G)

Help students be successful, while providing advocacy, support services, trainings, workshops, leadership development and culturally based programs. •Location: W31-110 •Hours: M-F, 10am-6pm

Conflict Management@MIT (UG,G)

Offer a range of skill-building workshops and coaching and mediation services for grad and undergrad students dealing with conflict or conflicted relationships •Location: W20-507D •Email: ConflictManagement@mit.edu.

Outreach for Students and families (All)

Offers assistance to students and their families when they are dealing with an emergency such as hospitalization or transitioning from MIT. Provide information and referrals for students.

HOW TO TALK TO A FRIEND IN DISTRESS

Your friend may resist asking for help. Your friend may resist receiving help. And even if your friend really wants help, he or she may not know how to ask for it or where to find it. Here are some tips for expressing your concerns in a caring, non-judgmental way:

- **Be discreet.** Find a private, comfortable place to talk in person.
- **Don't judge.** Share what you have observed, and explain your concerns honestly, but don't criticize or offer advice.
- **Ask open-ended questions, and listen.** Try asking, "How is it going?" Your friend may not answer but may feel relieved to know that you care, are trying to understand, and are offering to help.
- **Don't feel the need to solve the problem.** If your friend shares personal feelings with you, you don't have to offer a solution or opinion. The important thing is to listen and try to understand what the other person is going through.
- **Encourage your friend to contact MIT Medical's Mental Health and Counseling Service** or other MIT resources such as Student Support Services (S³). Feel free to share the list of resources in this brochure and discuss the various sources of support on campus.

resources.mit.edu/resources/personal-support-and-wellness/all