

# Prioritize your wellbeing!

## **1. I'm currently in distress and/or would like to speak to a licensed professional immediately.**

- Call MIT Mental Health and Counseling at 617-253-2916 and be sure to tell them that you would like an urgent, same-day appointment (this is free!)
- Visit MIT Mental Health and Counseling in-person (E23, third floor, M-Th, 8AM-6PM. F, 8AM-5PM) and request an urgent, same-day appointment

## **2. I would like academic accommodations so I can sufficiently prioritize my wellbeing.**

- Contact S^3 through their [online walk-in queue](#) M-F, 10AM-12PM, 2PM-4PM
- Check out the [UA Wellcomm email scripts](#) for advice on asking for accommodations

## **3. I'm looking to start individual, regular/long-term therapy sessions.**

- MIT's extended insurance covers weekly [off-campus mental health counseling](#)
- Check out MIT's [provider directories](#) where you can specify your insurance and counselor preferences
- Call 617-253-2916 and a clinician will assist you in finding an off-campus provider within your insurance plan and preferences

## **4. I'm looking for other types of free therapy and/or mental health and wellness resources.**

- Call MIT Mental Health and Counseling 617-253-2916 and request a therapy session
- Talk to a clinician over Zoom using [Let's Chat](#)
- Check out MIT [Group Counseling](#) online or call 617-253-2916 and tell them you are interested in group therapy
- Check out [doingwell.mit.edu](#), MIT-made [wellness videos and podcasts](#), and other [student and MIT-run groups](#)

## **5. I would like to speak with someone about an incident of sexual assault/harassment, intimate partner violence, stalking or an unhealthy relationship.**

- Email [vpradvocate@mit.edu](mailto:vpradvocate@mit.edu) or use their [online contact form](#) to make an appointment
- Call 617-253-2300 to connect with VPR staff M-F 9AM-5PM
- Call after hours to be directed to resources available 24/7

**Didn't find what you were looking for?**

**Ask a Student Support and Wellbeing team member  
or email [ua-wellness-chairs@mit.edu](mailto:ua-wellness-chairs@mit.edu).**

**Any resource listed here can also help redirect you.**

