

Stay Connected

Personal support & Resources:

- ✓ *MIT GAIN: Tel. (844) MIT-GAIN*
- ✓ *Urgent Care: (617) 253-1311*
- ✓ *Urgent Mental Health: (617) 253-2916*

Need help with food? Email: naomic@mit.edu

Swipeshare Graduate Family Grant

Keep Active

There's a lot to do within your living space.

- ✓ Organize virtual e-gaming competitions
- ✓ Virtual board games
- ✓ Adult coloring book
- ✓ Encourage downloading movies
- ✓ Online yoga or fitness

Regular Updates Re: COVID-19



from MIT MEDICAL
medical.mit.edu/covid-19