

A personal problem is like a P-set:

**Both are easier to solve when
you work with someone else.**

MIT**Together**

EVERY PROBLEM CAN BE SOLVED, whether academic, social, or personal.
Sometimes, the first step on the path to a solution is reaching out to someone for help.

Take that step. Talk to a friend. Ask your GRT, RA, or Housemaster. If you're not sure how to begin, use the link below to contact Student Support Services (S³) or to browse the many other resources at MIT to help graduate and undergraduate students.

Working together, we'll find a way.



broImeps

Do you need help unscrambling problems?

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Before help: $y = \sin(x)$

After help: $y = mx + b$

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Seem like everyone else is holding
it together better than you?

Maybe they asked for help.

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“MIT Mental Health & Counseling”

**(A long way of saying,
“We’re here for you.”)**

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**Q. Am I a failure if I need help
to succeed at MIT?**

A. Not if it helps you succeed.

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Asking for help may feel awkward,

But your sense of
relief will feel great.

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Take that step. Confide in a friend. Ask your GRT, RA, or Housemaster. And remember that MIT's Mental Health & Counseling Center is a safe, confidential, and supportive way to talk through your troubles and make things better. Use the link below to contact the center or to browse the many other resources at MIT to help graduate and undergraduate students.

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**Student Support Services is
a service to support students.**

**It's not our most clever title,
but boy does it work.**

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Half of all students use S³
during their time at MIT.

Still feel like you're the only
one who needs support?

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There are worse things
than asking for help.

Not asking, for example.

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