

MIT Undergrad Support Resources

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Please reach out for support or guidance whenever you need it. If you're not sure where to go, reaching out to a confidential resource for advice is a good start.

Confidential Resources

Offices designated as "confidential" will not report any information to the Title IX Office. These 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.

Mental Health & Counseling: Support for students dealing with personal concerns, including anxiety, depression, relationship problems, or stress. You can speak with a Mental Health clinician about an urgent concern any time by calling the phone number.

- Located in E23 on the third floor
- Phone (24/7): 617-253-2916 (days) and 617-253-4481 (nights/weekends)
- Hours: M-Th, 8:30am-7pm, F, 8:30am-5pm
- Walk-in hours for urgent concerns: M-F, 2-4pm
- Website: <https://medical.mit.edu/services/mental-health-counseling>

Let's Chat: Easy access to informal, free, confidential consultations with counselors from MIT Medical's Mental Health & Counseling Service. Common concerns include stress, anxiety, difficulty adjusting, family problems, or relationship issues.

- Location: 8-316
- Hours: T - F, 1 - 3pm
- No appointment necessary. Meetings are 20 minutes each.
- Sign in on the sheet on the door of 8-316
- Website: <http://MEDICAL.MIT.EDU/FAQS/LETS-CHAT>

Violence Prevention and Response (VPR): Confidential help in dealing with sexual assault, intimate partner violence (IPV), stalking and unhealthy relationships. This office can provide advocacy, a listening ear, support in communicating with other offices to aid in arranging accommodations (e.g. living or learning) in response to IPV, sexual assault, sexual harassment, etc.

- Located in E23 on the third floor
- Phone: 617-258-6944 (M-F, 9am-5pm)
- Hotline: 617-253-2300 (24 hours a day)
- Hours: M-F, 9am-5pm
- Email: VPRadvocate@med.mit.edu
- Website: <https://medical.mit.edu/community/violence-prevention>

MIT Urgent Care: For urgent, but non-life-threatening emergencies. If you are dealing with a life-threatening situation that requires emergency care call MIT Police (617) 253-1212 or 911.

- Located in building E23
- Hours: 7am-11pm (7 days a week)
- Phone number: 617-253-4481 (24 hours a day)
- Website: <http://medical.mit.edu>

Ombuds Office: Independent, confidential, and neutral resource that helps MIT community members express concerns, resolve disputes, manage conflicts, and learn more productive ways of communicating

- Located in 10-213
- Phone number: 617-253-5921
- Hours: M-F, 9am-5pm
- Website: <http://ombud.mit.edu>

MIT Chaplains: The Chaplains at MIT, representing many of the world's religions, serve both their own religious communities, as well as the MIT community at large. MIT Chaplains are available for counseling, private talks, and consultation.

- Website: <http://studentlife.mit.edu/rl/mit-chaplains>

Peer Group Resources: Peer Groups including but not limited to Medlinks, REFS, Safer2, and Peer Ears are not designated as "responsible employees."

Private Resources

Offices designated as "private" will keep the conversation as confidential as possible, but information about incidents of sexual misconduct must be shared with the Title IX Office so that the Institute can take action if necessary for reasons of safety. However, the wishes of the person providing the information are given full consideration.

Student Support Services (S³): Support, advocacy, and referrals for students facing academic or personal challenges.

- Located in 5-104
- Phone: 617-253-4861 (M-F, 9am-5pm)
- Hours: M-F, 9am-5pm
- Walk-in hours: M-F, 10am-11am, 2pm-3pm
- Website: <http://web.mit.edu/uaap/s3/>

Dean on Call: On-Call responders are staff members in the Division of Student Life. The On-Call System is part of a network of responders including MIT Police, MIT Medical, Emergency Response Personnel, Student Support Services, Deans, Housemasters, Residential Life Program staff, and others. 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 (or dial 100 from any campus phone) This extension is staffed by the MIT Police. Simply ask to speak with the Dean on Call.
- Hours: 5PM – 9AM, Monday through Friday, 24 hours a day on Saturday and Sunday and when MIT is closed, such as holidays.
- Website: <http://studentlife.mit.edu/dean-call-system>

Student Disability Services (SDS): Student Disabilities Services (SDS) is a program within the Office of Undergraduate Advising and Academic Programming (UAAP). SDS staff are integrated with other resources in UAAP including Student Support Services, to provide comprehensive academic and personal support to students.

- Located in 5-104
- Phone number: 617-253-1674
- Email address: uaap-sds@mit.edu

- Website: <http://web.mit.edu/uaap/sds/>

Title IX: The Title IX Coordinator has primary responsibility for coordinating the Institute's efforts to comply with and carry out its responsibilities under Title IX, which prohibits gender discrimination. Sexual misconduct, including sexual harassment, sexual assault, rape, and sexual exploitation, can be considered a form of gender discrimination. The Title IX coordinator oversees the Institute's response to reports that involve possible gender discrimination to monitor outcomes, identify and address any patterns, and assess effects on the campus climate, so the Institute can address issues that affect the wider campus community.

- Located in W31-223
- Email address: titleix@mit.edu
- Website: <https://titleix.mit.edu>

Office of Minority Education: OME helps underrepresented minority students navigate the landscape of MIT. Find out how they can help you do your best.

- Located in 4-107
- Phone number: 617-253-5010
- Email address: ome@mit.edu
- Website: <http://ome.mit.edu>

LGBT@MIT: Offers a broad spectrum of services, activities, and resources for LGBT, questioning, and supportive individuals.

- Located in W20-549
- Rainbow Lounge: Walker Memorial, 50-005
- Phone number: 617-253-6777
- Email address: lbgt@mit.edu
- Website: <http://web.mit.edu/lbgt/>

Other Private Resources include:

- MIT Police (617) 253-1212 (Emergency) (617) 253-2996 (Non-Emergency)
- Dean for Student Life
- Academic Advisors
- Student Life Staff
- Residential Life Staff (House Master, GRT, GRA, AD)
- Coaches
- Faculty
- Staff designated as "responsible employees"

For more information regarding support resources, check out <http://together.mit.edu/resources/get-help-now>

When you're worried about someone: Pamphlet about how to help someone in distress
http://together.mit.edu/sites/default/files/when_youre_worried.pdf