

MIT Undergrad Support Resources

Prepared by Alice Zielinski & Tamar Weseley
UA Student Support and Wellness
ua-wellness-chairs@mit.edu

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 personal concerns: anxiety, depression, relationship problems, or stress, etc. Speak with a Mental Health clinician about an urgent concern by calling. Can schedule appt online.

Location: E23 on 3rd Floor

Phone: 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: medical.mit.edu/services/mental-health-counseling

Schedule appt online: medical.mit.edu/services/mental-health-counseling/appointment

Let's Chat Easy access to informal, free, confidential 20 minute consultations with counselors from MIT Mental Health & Counseling. Chat about stress, anxiety, difficulty adjusting, family problems, or relationship issues.

Location: 8-316 | Hours: T-F, 1pm-3pm

Website: medical.mit.edu/faqs/lets-chat

No appointment necessary. Meetings are 20 minutes each. Sign in on the sheet on the door of 8-316

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

Location: E23 on the 4th floor

Hours: M-F, 9am-5pm

Phone: 617-258-6944 (M-F, 9am-5pm) | Hotline: 617-253-2300 (24 hours a day)

Email: VPRadvocate@med.mit.edu | Website: 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.

Location: Building E23 1st floor

Hours: 7am-11pm (7 days a week)

Phone: 617-253-4481 (24 hours a day) | Website: 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

Location: 10-213 | Hours: M-F, 9am-5pm

Phone: 617-253-5921 | Website: ombud.mit.edu

MIT Chaplains Represent 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: studentlife.mit.edu/rl/mit-chaplains

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. The wishes of the person providing the information are given full consideration, except in cases of imminent risk of harm to self or others.

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

Location: 5-104

Hours: M-F, 9am-5pm

Walk-in hours: M-F, 10am-11am, 2pm-3pm

Phone: 617-253-4861 (M-F, 9am-5pm) | Website: web.mit.edu/uaap/s3/

Dean on Call Staffed by members in the Division of Student Life. 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. Provides private support after-hours.

Phone: 617-253-1212 (or dial 100 from any campus phone) Ask to speak with the Dean on Call.

Hours: 5PM – 9AM M-F, 24 hours on Saturday and Sunday and when MIT is closed, such as holidays.

Website: studentlife.mit.edu/dean-call-system

Student Disability Services (SDS) Ensures that qualified students with disabilities receive equal access to all of the Institute's programs, activities, and services.

Location: 5-104

Phone number: 617-253-1674

Email: uaap-sds@mit.edu | Website: web.mit.edu/uaap/sds/

Title IX The Title IX Coordinator complies with and carries out Title IX responsibilities, which prohibits gender discrimination, such as sexual misconduct, including sexual harassment, sexual assault, rape, and sexual exploitation. Oversees the Institute's response to reports that involve possible gender discrimination.

Location: W31-223

Email: titleix@mit.edu | Website: titleix.mit.edu

International Students Office (ISO) Helps international students to navigate life, health, and legal considerations before during and after arriving at MIT.

Location: E39-278

Phone: 617-253-3795

Email: iso-help@mit.edu | Website: web.mit.edu/iso/

Community Development & Substance Abuse (CDSA) Supports students dealing with issues related to alcohol and other drug abuse, stress, and violence.

Location: W20-507

Phone : Call Dean on Call or MIT Mental Health nights/weekends

Email: dcamelio@mit.edu | Website: studentlife.mit.edu/cdsa

Office of Minority Education OME helps underrepresented minority students navigate MIT.

Location: 4-107

Phone: 617-253-5010

Email: ome@mit.edu | Website: ome.mit.edu

Conflict Management@MIT Offers a range of skill-building workshops, coaching, and mediation services for grad and undergrad students dealing with conflict or conflicted relationships.

Location: W20-507

Phone: 617-253-3276

Email: conflictmanagement@mit.edu

Website: studentlife.mit.edu/conflictmanagement

LGBT@MIT Offers services, activities, and resources for LGBT, questioning, and supportive individuals.

Location: W20-549

Rainbow Lounge: Walker Memorial, 50-005

Phone: 617-253-6777

Email: lbgt@mit.edu | Website: 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, and AD), Coaches, Faculty, Staff designated as "responsible employees"

Peer Group Resources

Peer Groups are not designated as "responsible employees," and are thus Confidential (see definition above).

MedLinks Serve as liaisons in living groups across campus between undergrads and MIT Medical.

Location: E23-205 and Dorms and FSILGS

Phone: 617-253-5770

Email: medlinks-exec@mit.edu | Website: medlinks.mit.edu/

Peer Ears Undergraduate student volunteers offer peer support by phone, email, and face to face, for undergrads within the residences, to promote mental well-being.

Location: Dorms and FSILGS

Find your living group on the PeerEars.org "Dorms" or "FSILGS" pages.

Email: peerears-exec@mit.edu | Website: mitpeerears.org/

Peer2Peer.mit.edu Online, anonymous, confidential peer support provided by trained MIT students.

Website: peer2peer.mit.edu/

Lean On Me Text hotline for anonymous, real-time support powered by MIT students.

Text: 646-798-4121

Website: lean0n.me/

For more information regarding support resources:

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

When you're worried about someone: How to help someone in distress

medical.mit.edu/sites/default/files/distress.pdf