



Get Support

At MIT, DoingWell means practicing healthy habits and getting support whenever you feel like you could use some. This booklet is your guide to what, how, and where the support services you have available.

Hi There!



Reaching out for help is an important part of prioritizing your wellbeing. Get to know the Student Support and Wellbeing team – just some of the offices at MIT that are here to support you in your wellbeing journey – by reaching out to them directly!

Find more resources at
doingwell.mit.edu/support

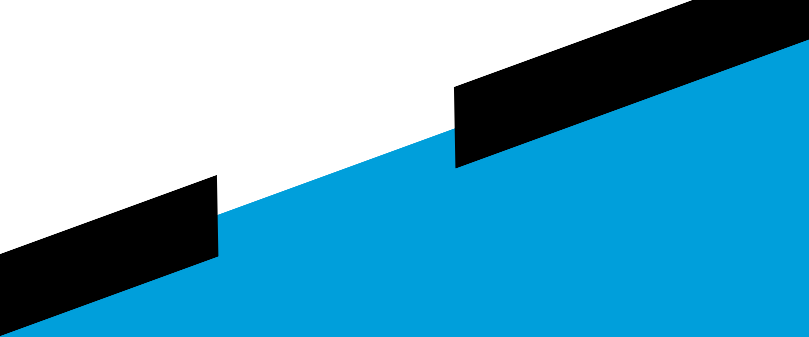



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Alcohol and Other Drugs (AODS)

Part of the Office of Student Wellbeing

AODS promotes a culture of wellbeing by providing education, prevention, and intervention programs aimed at reducing the negative impact of alcohol and other drug abuse on the MIT community.

Why would you connect with this office?

If you are interested in learning more about alcohol and other drugs, exploring your relationship with substances, concerned about a friend's substance use, or interested in socializing in a substance-free environment on the weekends.

weekends
@MIT

How do you connect with this office?

To schedule an appointment with an AODS staff member, fill out our webform at <https://studentlife.mit.edu/aods-appointments>, email aods@mit.edu, or call 617-258-6499.



Disability and Access Services (DAS)

DAS enables an accessible campus experience at MIT for all graduate and undergraduate students, with visible and invisible disabilities, both permanent and temporary. DAS works to ensure access for qualified students with disabilities, providing accommodations in academics, dining, housing, and other related aspects of your MIT program. DAS also consults on digital accessibility, assistive technology, and user experience for the MIT community.

Why would you connect with this office?

If you are interested in seeking accommodations due to a diagnosed disability, we encourage you to contact us to discuss access, accommodations, and services which you may need. If you are not sure you have a disability, but are wondering if you might, please contact us, and we will talk it through with you and guide you through next steps.

How do you connect with this office?

Email us at das-student@mit.edu, call 617-253-1674, or visit us at 5-104.

Student Support Services (S3)



S3 tries to streamline the help-seeking process by being an easy and central place to ask for help. Our office works with undergraduates on a wide variety of issues, including both personal and academic concerns. In fact, many students who seek our services are dealing with a combination of personal and academic difficulties. If we can't provide you with assistance, we'll be sure to refer you to the individual or office that can!

Why would you connect with this office?

Whether you're struggling with a PSET due to personal issues, feeling too sick to take an exam, considering taking time away from the Institute, or just aren't sure who to talk to, S3 can be a friendly and easily accessible support hub for undergraduate students to find help.

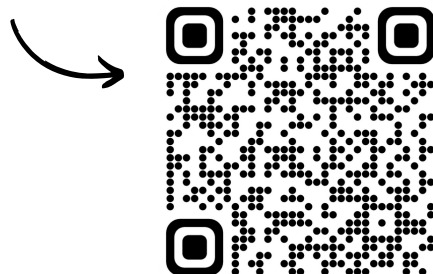
How do you connect with this office?

To make an appointment with an S3 Dean, please scan this QR code and provide your availability:



You can also call 617-253-4861, or visit virtual drop-ins Monday-Friday, 10AM-12PM and 2PM-4PM.

Not sure where to start? Scan this QR code to fill out this decision tree:





Violence Prevention and Response (VPR)

VPR is MIT's primary on-campus resource for preventing and responding to interpersonal violence including sexual assault, dating and domestic violence, stalking, and sexual harassment.

Why would you connect with this office?

If you or someone you care about is impacted by sexual violence, relationship abuse, unhealthy relationships, stalking, or sexual or gender based harassment, VPR offers confidential support and advocacy services.

How do you connect with this office?

To set up an appointment, email vpradvocate@mit.edu. For the VPR Helpline: call 617-253-2300 to connect with VPR staff Monday through Friday from 9AM to 5PM. Please call after hours to be directed to resources available 24/7. If you are unable to speak safely in your current situation, scheduled appointments can be text or chat-based. For online form: <https://studentlife.mit.edu/vpr>

24/7 and After Hours Resources

Dean on Call

The Dean on Call is available to support students on nights, weekends, and holidays.

Call: 617-253-1212

*Simply ask to speak with the Dean on Call. If you provide your name and phone number, the Dean on Call will call you back.

MIT Police

MIT Police are available to respond to on-campus emergencies 24 hours a day, 7 days a week.

Call: 617-253-1212

Student Mental Health & Counseling Services (SMHCS) Clinician on Call

The SMHCS Clinician on Call is available when SMHCS is closed during nights and weekends.

Call: 617-253-2916

Urgent Care at MIT Medical

MIT Medical's 24-hour helpline provides support to students who need medical care right away.

Call: 617-253-1311

National Suicide Prevention Lifeline

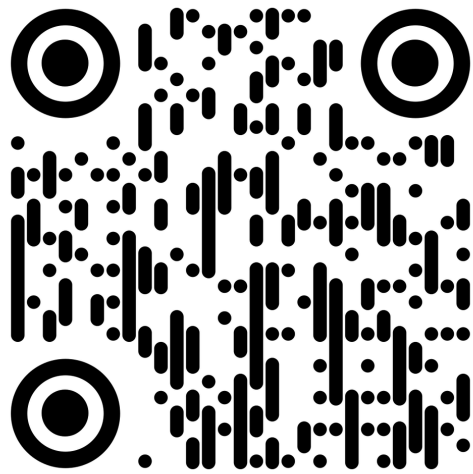
24/7, free and confidential support for students in distress and prevention or crisis resources.

Call or Text: 988

Your Personal Support Resources

In addition to the resources listed in this book, who else is part of your support network? Use the space below to list out contact information for loved ones, friends, advisors, coaches, and others who you can turn to when you need support.

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Visit doingwell.mit.edu/support for more resources
to prioritize your wellbeing