



# DON'T STRUGGLE ALONE

## FEELING OVERWHELMED?

- › **REACH OUT** to friends or people in your living community.
- › **TALK** to your professor or advisor about your workload.
- › **GRAD STUDENTS:** Talk to Graduate Personal Support (GPS) staff. Where: 3-138 | Call: 617-253-4860
- › **UNDERGRADS:** Talk to Student Support Services (S<sup>3</sup>) Where: 5-104 | Call: 617-253-4861.
- › **BE IN TOUCH** with MIT Medical's Student Mental Health and Counseling Services. Where: E23 3rd flr | Call: 617-253-2916.

WE ARE STRONGER  
TOGETHER

MIT CARES ABOUT MENTAL HEALTH