Make life a little easier
MIT MyLife Services provides no cost short-term counseling, work-life resources, and referrals

→ Mental Health & Emotional Well-Being
  • Addictions
  • Anxiety
  • Depression
  • Eating Disorders
  • Family Concerns
  • Illness, Loss, and Grief
  • Partner Violence
  • Relationships
  • Separation and Divorce
  • Stress Management
  • Substance Abuse
  • Trauma

→ Legal
  • Bankruptcy
  • Child Custody and Support
  • Elder Law
  • Estate Planning
  • Identity Theft
  • Immigration
  • Landlord/Tenant Disputes
  • Real Estate Concerns
  • Restraining Orders
  • Separation and Divorce
  • Wills (Basic)

→ Wellness
  • Meditation
  • Mindfulness
  • Nutrition
  • Sleep Concerns
  • Smoking Cessation
  • Specific Diets
  • Weight Management

→ Financial
  • Budgeting
  • Credit Problems
  • Debt Management
  • Financial Well-Being
  • Home Buying and Selling
  • Insurance Planning
  • Retirement Planning
  • Tax Resources

→ Parenting
  • Adolescence
  • Adoption
  • After School Care
  • Child Care
  • Child Development
  • Lactation Support
  • New Parents/Pregnancy
  • Public and Private Schools
  • Special Learning Needs
  • Summer Camps

→ Home & Daily Living
  • Adult Education Classes
  • Event Planning Services
  • Home Cleaning Services
  • Home Repair
  • Moving Services
  • Organizer Services
  • Pet Care
  • Relocation Information

→ Work and Career
  • Career Exploration
  • Continuing Education
  • Interest Testing
  • Job Search Strategies
  • Resume Review
  • Time Management
  • Work Stress
  • Work Transitions
  • Work-Life Integration

Contact MIT MyLife Services anytime to speak to an expert for whatever is on your mind.

Access Anytime 24/7
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