



A network of experts for MIT
faculty, staff, postdocs & families

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

→ Wellness

- Meditation
- Mindfulness
- Nutrition
- Sleep Concerns
- Smoking Cessation
- Specific Diets
- Weight Management

→ 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)

→ 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

Call 844-405-LIFE (844-405-5433)
Email info@MITMyLifeServices.com
Visit MITMyLifeServices.com



Human Resources

