



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](mailto:info@MITMyLifeServices.com)  
Visit [MITMyLifeServices.com](http://MITMyLifeServices.com)



Human Resources

THE MIT CENTER FOR  
**WorkLife**  
AND  
**WellBeing**