MIT GAIN

MIT's Graduate Assistance and Information Network (GAIN) is a free, 24/7 confidential service that can make life easier for you and your adult household members. One call puts you in touch with work-life experts who can provide personalized resources and referrals across the wide range of topics listed below. GAIN's experts can also direct you to MIT's internal resources that are available to support you and your family.

Legal

Consultation with an attorney and/or vetted resources and referrals:

- 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

Consultation with a registered dietician and/or vetted resources and referrals:

- Fitness Programs and Gyms
- Meditation and Mindfulness
- Medical Providers (PCP, dentists, other specialists*)
- Sleep Education
- Smoking Cessation Programs
- Weight Management

* Mental health referrals for graduate students or household members are coordinated by MIT Medical

Financial

Consultation with experts:

- Budgeting
- Credit Problems
- Debt Management
- Financial Wellbeing
- Home Buying and Selling
- Insurance Planning
- Retirement Planning
- Tax Resources

Work and Career

Consultation with a career coach:

- Career Exploration
- Job Search Strategies
- Resume Review
- Time Management
- Work Stress
- Work Transitions
- Work-Life Integration

Home & Daily Living

Vetted resources and referrals:

- Adult Education Classes
- English Language Classes
- Home Cleaning Services
- Home Repair
- Moving Services
- Pet Care
- Relocation Information

... and more

Parenting

Consultation with experts:

- Early Childhood Development Specialist
- Fertility Coach
- Lactation Coach
- Special Education Consultant

Vetted resources and referrals:

- Adoption
- After School Care
- Child Care
- Public and Private Schools
- Summer Camps
- Tutoring and Enrichment Programs

Eldercare

Consultation with eldercare specialists and/or vetted resources and referrals:

- Assisted Living
- Caregiver Support
- Community Services
- Home Health Care
- Medicare/Medicaid
- Respite Care
- Transportation

MIT Office of Graduate Education

ACCESS ANYTIME 24/7

CALL 844-MIT-GAIN (844-648-4246)
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MIT Work-Life Human Resources