MyLife Services

A network of experts for MIT staff, faculty, postdocs & household members

Make life a little easier

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

→ Mental Health & Emotional Wellbeing

- Addictions
- Anxiety
- Depression
- Eating Disorders
- Family Concerns
- Illness, Loss, and Grief
- Partner Violence
- Relationships
- Separation and Divorce
- Stress Management
- Substance Abuse
- Trauma

→ Wellness

- Fitness Programs and Gyms
- Meditation
- Mindfulness
- Nutrition
- Referrals to PCPs and Specialists
- 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 Wellbeing
- Home Buying and Selling
- Insurance Planning
- Retirement Planning
- Tax Resources

→ Parenting

- Adolescence
- Adoption
- After School Care
- Child Care
- Child Development
- Fertility Coach
- Lactation Coach
- New Parents/Pregnancy
- Public and Private Schools
- Special Learning Needs
- Summer Camps
- Tutoring and Enrichment Programs

→ 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
- 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)

Visit MITMyLifeServices.com

MIT Work-Life Human Resources