The MIT Work-Life Center has compiled the following resources and information to support MIT employees and their families during these challenging and uncertain times.

Caring for Children

- Backup Child Care: Screened and trained caregivers are available to care for your children during the day or evening, seven days per week
- MyLife Services: Consult confidentially with a Master's- or PhD-level counselor – by telephone, video, and message-based platforms (including text) – around how to support your children's emotional needs during a crisis
- CDC Helping Children Cope with Emergencies: Tips to help you understand and reduce the emotional impact of crisis on your children

Caring for Adults and Seniors

- Backup Adult and Senior Care: Screened and trained caregivers are available to care for your aging loved ones during the day or evening, seven days per week, across the U.S.
- Adult and Senior Care Advising: Consult confidentially with a Master's-level Social Worker around how to support your aging loved ones during a crisis
- CDC People at Risk for Serious Illness from COVID-19: Strategies to help you prepare and support those at higher risk of getting sick, including older adults and adults with certain chronic medical conditions

Caring for Yourself

- MIT MyLife Services: Consult confidentially with a Master's- and PhD-level counselor – by telephone, video, and message-based platforms (including text) – around how to manage stress and loneliness, and remain engaged in daily life during a crisis
- MyStress Tools: An online suite of stress-management and resilience-building resources
- CDC Mental Health and Coping During COVID-19: Strategies to help you understand and reduce the emotional impact of crisis on yourself and your loved ones

Caring for Your Employees

- MIT MyLife Services: Consult confidentially with a Master's- and PhD-level counselor – by telephone, video, and message-based platforms (including text) – around how to help your individual employees and teams navigate personal and work responsibilities during a crisis
- KGA Managing Remotely: Strategies for keeping teams aligned and productive while working remotely
- CDC Interim Guidance for Businesses and Employers: Strategies and considerations for workplace planning and preventative measures.