

the center for
Health
Promotion
& Wellness
at MIT Medical

RESOURCE GUIDE FOR

Staying Healthy @ MIT

2007-2008



MIT Medical

The Center for Health Promotion & Wellness
MIT Medical, Building E23-205
(617) 253-1316 healthed@mit.edu
<http://web.mit.edu/medical/a-center.html>

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Thank you for taking the time to serve as a resource to students at MIT!

Working with students who need tips on handling stress?
Have questions about sex or contraception? Want to know how
to make an appointment at MIT Medical? Then keep reading...

This guide was created just for you to help you find quick and easy
answers to some of the most common questions and issues you
may encounter in your own life or while working with students
in your residence here at MIT.

For all the topics covered, as well as anything else you might
be interested in, you can always get more information by...

- ▶ Talking to a **health educator** at Health Promotion – E23-205,
(617) 253-1316, <http://web.mit.edu/medical/a-center.html>
- ▶ Visiting student quick links at <http://web.mit.edu/medical/student>
- ▶ Finding a **MedLink** in your residence – Find a list of MedLinks
near you at <http://web.mit.edu/medlinks/www>
- ▶ Calling or visiting a clinical provider at MIT Medical. You can
make an appointment or speak to a **triage nurse** by calling
(617) 253-4481

Have a happy and healthy year!

Health Promotion at MIT Medical

How to have a sensitive conversation...

Did you know?

- ▶ The majority of your interactions with students involve non-judgmental listening, which is a powerfully supportive experience.
- ▶ Although you are not a health care provider who diagnoses, you are a great referral source who helps others see their options.
- ▶ The major blocks to good listening are (1) leaping to try to solve the problem rather than letting the person speak, and (2) the tendency to evaluate or judge.
- ▶ So much of the communicating you do during an interaction is nonverbal.
- ▶ If you are ever in doubt of how you handled an interaction or if need some help crafting a conversation to reach out to a student or a friend, contact Health Promotion.

So, what exactly should you do if someone comes to you with a problem?

Below is a list of techniques that you should use during your interactions. Obviously, you will not follow the steps exactly. Remember, however, that you should try to incorporate the major concepts in all your interactions in order to be most helpful to those seeking your assistance:

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1. Be welcoming:

Make sure you are attentive. Create a safe atmosphere via body language and tone of voice and by being non-judgmental and compassionate.

2. Just listen and begin to gather information from the student:

Get them talking and hearing the issues they have stored inside. Try not to interrupt and don't be afraid of silence. This part of the interaction is often times all that is needed (e.g., "I just wanted to get something off my chest").

3. Help the student identify and clarify the issue:

Help the person get specific on the issue. You can do this by asking open-ended questions to get more specific info and/or mirroring/reflecting responses until the issue is identified. It's essential that you get as much information and get the person to be as clear as possible BEFORE you make any assumptions about what they need. During this step, your questions and reflections may help the person gain new perspective on his/her concern.

4. Help the student identify his/her options:

Here you try to help the student focus on what his/her next steps should be to address his/her concern. It's important that you don't tell the person what to do but instead empower him/her to create his/her own solution. By empowering the person to take action on his/her own, you avoid having them feel dependent on others to solve their problems.

Ask questions to encourage the person to come up with options or a plan. You may ask, "What could you do to change the situation?" or "What could you do not to feel (x)?" In this manner, you are helping your friend "brainstorm" possible solutions. If the person is struggling to come up with next steps, you may choose to ask questions that might suggest options. For example, use "What might happen if you told him how you feel?" or "Have you thought of talking with him?"

Another useful clarifying technique is the "pro and con" list. Often, people may come to you with a decision to make. Helping them identify the "pros" and "cons" of each option can be very useful.

After using any of these clarifying techniques, it is important to check in with the student and summarize in your own words what he/she is looking for (just as you did when you helped him/her clarify the issue).

5. Provide as much direction as you can based on student's desire and want:

Based on what you heard, provide appropriate feedback or a referral. Remember that Referral is Not Rejection. In other words, you may suggest that the student get professional assistance with a problem, but also let them know that you are not abandoning them. Helping someone can include any combination of the following...

- ▶ Providing pamphlets or other handouts from your training for them to review
- ▶ Referrals to MIT Medical or other support services including Student Support Services, tutor, resident advisors, and housemasters
- ▶ Accompanying the person to Medical or other support service
- ▶ Assist the person by helping to call for help (triage nurse, 100, etc.)
- ▶ Offering to find out more info and get back to him/her
- ▶ Offering to find out some programs he/she might want to attend
- ▶ Referrals to Health Promotion for informational materials, tips, or to speak with a health educator

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After you offer them some direction, check in again to make sure this is what they are looking for and if they feel it is manageable.

6. Follow-up:

Leave the interaction open for follow-up. You may say things like, "Feel free to come back if this was not what you were looking for," or "I'd be interested in knowing how it turns out," or "Let me know if you need more help or if this connection didn't work out." This reiterates that you care and makes the person leave the interaction feeling that talking with you has opened up possibilities.

MIT Medical

Don't know where to go? Don't worry!
MIT Medical is easy to navigate!

<http://web.mit.edu/medical/>

Who are we?

MIT Medical is a large health service center including over 100 health care professionals. MIT Medical is open 24 hours/7 days a week, every day of the year and offers care from experts trained in an extensive range of specialties from Allergy to X-Ray, as well as care in internal medicine, pediatrics, OB-GYN, and mental health. It is located in building E23 on the MIT campus. Many services are free including (but not limited to) care for colds and flu, routine physical exams, mental health services, laboratory and other diagnostic testing, and confidential STD and pregnancy testing.

Want to make an appointment with a clinical provider (physician, physician assistant, or nurse practitioner)?

If you have a personal provider you can call them directly between 8:30 a.m.–5:00 p.m. If you need his/her phone number you can call (617) 253-4481 or see list of providers on page 8.

Want to know how to select a clinical provider?

You can call Registration at (617) 253-6286 or you can do this online by visiting the MIT medical website

<http://web.mit.edu/medical/g-choosing.html>

Want advice about your symptoms or want to know if you need to come into Medical?

- ▶ Call the Triage Nurse at (617) 253-4481 (7:00 a.m.–7:00 p.m.)
- ▶ Call Urgent Care after hours and on the weekends by calling (617) 253-1311
- ▶ In an emergency dial 100 from a campus phone or (617) 253-1212
- ▶ Visit a MedLink for help in determining when to seek medical attention and for single doses of over-the-counter drugs and first aid supplies. Find a MedLink by visiting

<http://web.mit.edu/medlinks/www>

Need medical care between 5:00 p.m. and 8:30 a.m. weekdays or on the weekends and holidays?

Call the After Hours Service at (617) 253-4481 or go directly to Medical; enter at 25 Carleton Street.

What if you are too sick to walk to Medical?

If you are too sick or too injured to walk to Medical, call Urgent Care ((617) 253-1311) to discuss appropriate arrangements. In an emergency, always dial 100 from a campus phone or (617) 253-1212.

Want to talk to a mental health counselor?

Call Mental Health at (617) 253-2916 to schedule an appointment. There are walk-in hours M–F from 2:00 p.m.–4:00 p.m., and there is someone on call for emergencies 24 hours a day.

Need a personal health consultation, advice on helping a friend, someone to talk to, a referral, or safer-sex supplies?

Call or stop by Health Promotion at (617) 253-1316, E23-205
<http://web.mit.edu/medical/a-center.html>.

Need help resolving an issue or concern that you encountered during visit or interaction with MIT Medical?

Contact the Patient Advocate by calling (617) 253-4976 or by e-mailing **advocate@med.mit.edu**.

Need information about what services are covered under your insurance or how to waive the extended student insurance?

Call claims and member services or visit the student quick links at **<http://web.mit.edu/medical/student>**.

Want to be able to manage your care or communicate with your provider online?

Sign up for Patient Online, MIT Medical’s online personal-health management tool, you can request appointments and get automatic e-mail appointment reminders, view certain parts of your health history, request copies of your medical record, and send secure e-mail to participating MIT medical Clinicians. Visit: **<http://web.mit.edu/medical/login.html>**.

MIT Medical Services

Unless otherwise noted, hours are M–F 8:30 a.m.–5:00 p.m.

Medical Departments	Phone	Referral Required
Allergy	(617) 253-4460	No
Audiology	(617) 253-7870	Yes*
Cardiology	(617) 253-4904	Yes**
Center for Health Promotion and Wellness	(617) 253-1316	No
Dental M–F 8:00 a.m.–5:00 p.m., W 8:00 a.m.–7:00 p.m.	(617) 253-1501	No
Dermatology M & W–F 8:30 a.m.–5:00 p.m., T 8:30 a.m.–7:00 p.m.	(617) 253-4295	No
Ear, Nose, Throat	(617) 253-7870	Yes*
Gastroenterology	(617) 253-1681	Yes*
Gynecology	(617) 253-1315	No
Inpatient Unit Open: 24-hour / Visiting Hours: 9:00 a.m.–9:00 p.m.	(617) 253-5486	Yes**
Laboratory M–F 8:30 a.m.–5:30 p.m.	(617) 253-4239	Yes*
Mental Health M–Th 8:30 a.m.–7:00 p.m. / F 8:30 a.m.–5:00 p.m. Walk-in Urgent Hours: M–F 2:00 p.m.–4:00 p.m. Emergency Service: 24-hour	(617) 253-2916	No
Neurology	(617) 253-3956	Yes*
Nutrition	(617) 253-1546	Yes*
Obstetrics (OB/GYN)	(617) 253-1315	No
Occupational Medicine M–F 9:00 a.m.–5:00 p.m.	(617) 253-8552	No
Ophthalmology (Eye) M, T 8:30 a.m.–7:00 p.m., W–F 8:30 a.m.–5:00 p.m.	(617) 253-4351	No
Orthopedics	(617) 253-2974	Yes*
Pediatric Medicine	(617) 253-1505	No
Pulmonary	(617) 253-4355	Yes*
Radiology (X-Ray) M–F 8:15 a.m.–5:15 p.m.	(617) 253-4905	Yes*
Surgery	(617) 253-1302	No
Urology	(617) 253-4356	Yes*

*Referral required by MIT Physician, Nurse Practitioner, or Physician Assistant.

**Referral required by an MIT Physician only.

MIT Medical/Cambridge Internal Medicine and Young Adult Medicine Physician, Nurse Practitioner, Physician Assistant, and Nurse Appointment Phone Numbers

David V. Diamond, M.D.	(617) 253-7625
Kelly Fink, B.S.N. (Triage Nurse)	(617) 253-9465
Leigh M. Finn, M.D.	(617) 253-4909
Chandra G. Fontair, B.S.N. (Triage Nurse)	(617) 253-1843
Lynn Forgues, R.N. (Triage Nurse)	(617) 253-4481
Howard M. Heller, M.D.	(617) 253-1615
Joselyn O. Joseph, M.D.	(617) 253-1505
Michael A. Kane, M.D.	(617) 253-7825
William M. Kettle, M.D.	(617) 253-1716
Janice McDonough, A.P.R.N., B.C.	(617) 252-1516
Barbara O'Pray, M.D.	(617) 253-7448
Noemi M. Pedraza, M.D.	(617) 253-7824
Evelyn Picker, M.D.	(617) 253-7257
Mary Ellen Rhinehart, M.D.	(617) 253-7802
William A. Ruth, M.D.	(617) 253-1321
Joshua Safer, M.D.	(617) 253-1681
David M. Shein, M.D.	(617) 253-0811
Elaine L. Shiang, M.D.	(617) 253-7915
Christine Stella, A.P.R.N., B.C.	(617) 253-7621
George Taylor, P.A.-C.	(617) 258-5384
Lorraine Toher, A.P.R.N., B.C.	(617) 253-4496
Sandra Turner, R.N. (Triage Nurse)	(617) 253-4516

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Other MIT Medical Services

Medical Records

M–F 8:30 a.m.–5:00 p.m.
 Walk-In Hours: M–F 10:00 a.m.–2:00 p.m. (617) 253-4906
 Please call ahead, or come during walk-in hours

MIT Optical

M–F 9:00 a.m.–6:00 p.m. (617) 258-5367
 Stratton Student Center, lower level
 No appointment necessary

Pharmacy

M–Th 8:30 a.m.–7:00 p.m. / F 8:30 a.m.–5:30 p.m. (617) 253-1324
 Prescription from MIT Medical Clinician or from an outside physician referred by MIT Medical

Prescription Refills

Available: 24-hour (617) 253-0202
 Refill ready by next business day

MIT Medical Definitions

MIT Student Medical Plan – a health care plan that includes services every student receives with tuition. Students do not have to sign up for it. It is an automatic enrollment process. The MIT Student Medical Plan covers many services under the roof of MIT Medical for no charge, including hospitalization at MIT Medical. Some students think if they complete a “waiver” form these services are not available. This is untrue. The waiver form only applies to the MIT Student Extended Insurance Plan.

MIT Student Extended Insurance Plan – a health care plan that can be purchased for an additional cost and provides coverage for emergency care and hospitalization outside MIT Medical (office visits outside the MIT Medical Department are not covered). The State of Massachusetts mandates that all university students have a qualified health insurance program which meets certain standards, so all students are automatically enrolled in this plan. Students can choose not to purchase the MIT Student Extended Insurance Plan if they are covered by their parents’ insurance or their own, as long as the insurance meets Massachusetts minimum requirements. However, students who have comparable insurance choosing not to enroll in the MIT Student Extended Insurance Plan must submit an on-line waiver form at <http://web.mit.edu/medical/p-waiver.html> by the waiver deadline. International students must also meet J-1 visa requirements.

Eating Disorders Care Coordinator – At MIT Medical, we have an Eating Disorders Care Coordinator named Audra Bartz. She can be reached at (617) 253-5200 or bara@med.mit.edu. She is an extremely friendly, knowledgeable resource for all eating disorders or related questions.

Patient Advocate – The Patient Advocate program is dedicated to helping patients resolve any clinical concerns they may encounter regarding a visit or interaction with the Department. Telephone: (617) 253-4976 or e-mail advocate@med.mit.edu.

(Billing or coverage concerns should be directed to the MIT Medical Billing Office at (617) 253-4303 for services within the MIT Medical Department and to Claims and Member Services at (617) 253-5979 or mservices@med.mit.edu for services outside the MIT Medical Department).

Triage Nurse – a Medical staff member who is available to provide self-care information and assistance in identifying those physical concerns that require medical attention. The triage nurse is available by phone at (617) 253-4481 from 7:00 a.m.–7:00 p.m. Monday through Friday.

Questions Commonly Asked by Students

What is a personal physician? Do I have one? Do I have to use him/her?

Your personal physician is basically your primary care physician, someone who coordinates your health care, performs routine physical exams, and is the person to contact whenever you're feeling sick. Most undergraduates choose an MIT Medical personal physician when they first come to MIT. If you can't remember who your personal physician is, call General Information at (617) 253-4481. If you don't like your personal physician, you are free to make a change. It is very important for you to feel comfortable with the person who coordinates your health care. You can make this change by calling Registration at (617) 253-6286 or by visiting <http://web.mit.edu/medical/g-choosing.html>.

Can I walk-in to see a mental health provider?

The Mental Health Service at MIT Medical offers walk-in hours for urgent situations 2:00–4:00 p.m. Monday through Friday. Although these are the only designated walk-in hours, the providers in the Mental Health Service always do their best to make sure that everyone who needs to talk to someone has that opportunity, in a timely fashion (or without a long delay). It is still strongly recommended that students call (617) 253-2916 for an appointment to avoid an unnecessary wait.

Do I need a referral from my personal physician in order to see a specialist at MIT Medical?

Yes, you do need a referral for some. However, there are many services that *do not* require a physician referral. You can call directly to schedule an appointment with services that do not require a referral. Contact your personal physician or nurse practitioner for those services needing a referral. You will find a list of services that do and do not need referrals on page 11.

DO NOT need a referral

Allergy	Mental Health
Dental	MIT Optical
Dermatology	Obstetric
Eye	Occupational Medicine
Gynecology	Pediatrics
Health Promotion	Pharmacy
Internal Medicine	Surgery

DO need a referral

Audiology	Nutrition
Cardiology	Orthopedics
Ear, Nose, Throat	Pulmonary Medicine
Endocrinology	Urology
Gastroenterology	X-ray/Mammography
Neurology	

How does MIT Medical's urgent care service work?

MIT Medical's 24 hour urgent care service is based on a first-come, first-served basis, unless a need for emergency care is determined. It is strongly recommended that students call (617) 253-4481 for an appointment to avoid an unnecessary wait. Same day appointments (not necessarily with your personal physician) are always available to students who need them on campus.

What does the triage nurse do?

For those times when you're sick and it's hard to leave home or when you're unsure if you really need to go to Medical, the triage nurse can serve as a great resource. The triage nurse is available for consultation over the phone ((617) 253-4481) 7:00 a.m.– 7:00 p.m. Monday through Friday to help you decide if you need medical attention.

Are my medical records confidential?

Yes! Medical records are completely confidential. Medical will not release records to anyone (e.g., deans, family, friends) unless instructed by the patient in writing or by subpoena by court. For information on how to request a copy of your medical records visit; <http://web.mit.edu/medical/g-records.html>.

What if I don't want the MIT Student Extended Insurance Plan?

If you don't want the MIT Student Extended Insurance Plan, you must submit an on-line waiver form (<http://web.mit.edu/medical/p-waiver.html>). Remember that even with this waiver form, you may still receive many of the services at MIT Medical for free; however, all services outside MIT Medical are subject to the coverage guidelines of your personal commercial insurance.

If I've waived the MIT Student Extended Insurance Plan, does that mean I have to pay for visits to MIT Medical?

Not usually. Whether or not you have the MIT Student Extended Insurance Plan, you may use many MIT Medical services for free. Read ahead to find a list of free services and services for which there is a charge at MIT Medical.

Am I covered if I see someone off campus (including summer and vacations)?

Effective September 1, 2007, the MIT Student Extended Insurance Plan will cover up to four medically necessary office visits per calendar year. This coverage is available for services referred by MIT Medical, such as a consultation with a specialist not available at MIT Medical, as well as for sick visits while traveling. Services provided by a participating Blue Cross Blue Shield provider will be covered at 80 percent after you pay a \$25 copayment. You are responsible for payment of the \$25 copayment and the 20 percent coinsurance. If you see a provider who is not participating with Blue Cross Blue Shield, the service will be subject to the out-of-network deductible and covered at 60 percent. You will be responsible for payment of the deductible and the 40 percent coinsurance. Always ask the provider, or go to the Blue Cross Blue Shield of MA website below to verify the participating status of any provider.

http://www.bluecrossma.com/common/en_US/index.jsp

I'm under the regular MIT Student Medical Plan (the one that all students have). Is there anything that I have to pay for?

Although many services are free with tuition, there are certain services for which you will receive a bill. See page 13 for a list of free services and services which carry a charge.

FREE Services at MIT Medical

Unlimited care by a personal physician

Office care for illness and injury

Stress management consultations

Consultations with health educators,
comprehensive resource library and
MedLinks

X-ray and mammography

Pregnancy testing

Flu shots

Confidential diagnostic testing for
sexually transmitted diseases

Care in MIT Medical's Inpatient Unit

Routine physicals
(charge for form physicals)

Patient Advocate to help resolve
concerns

Mental health services

Laboratory and other diagnostic testing

Alcohol and substance abuse support

CHARGE Services at MIT Medical

Pharmacy

MIT Optical (discount for MIT students)

Dental care (discounted)

CoPayment Immunizations

Allergy serums

Routine eye exams, eyeglasses, and
contact lens care

Obstetrical Visits

Orthotics

Prematriculation physicals and
associated immunizations

Contraceptive devices

Surgical procedures and outside
diagnostic tests which should be
covered by hospital

Physical therapy

Well-child care

Durable Medical Equipment

Hearing aid evaluation

Aches, Pains, Cold and Flu

Feeling under the weather?

Try these home remedies to help you feel better!

Cough

- ▶ Drink plenty of liquids
- ▶ Breathe moist air (take a shower or use a vaporizer or humidifier)
- ▶ Suck on throat lozenges, hard candy, cough drops, ice chips, or frozen juice bars
- ▶ Take an over-the-counter cough medicine (but only if it doesn't cause you adverse reactions)
- ▶ Periodically take a deep, sighing, "cleansing" breath

Sore Throat

- ▶ Gargle with salt water ($\frac{1}{4}$ tsp. salt in $\frac{1}{2}$ cup warm water)
- ▶ Take a pain reliever: ibuprofen or acetaminophen (but only if it doesn't cause you adverse reactions)
- ▶ Try an analgesic gargle, lozenge, or spray
- ▶ Drink plenty of liquids
- ▶ Suck on throat lozenges, hard candy, cough drops, ice chips, or frozen juice bars
- ▶ If you smoke, try to stop. Visit Health Promotion for some help.

Upset Stomach

- ▶ Suck on a popsicle (don't chew!)
- ▶ Drink liquids that include some salt or sugar (water, ginger ale, or cola that has gone flat (no bubbles), Gatorade, tea, or a clear-base broth)
- ▶ Avoid solid foods for at least 48 hours
- ▶ Avoid aspirin or ibuprofen
- ▶ Avoid dairy products

Headache

- ▶ Apply hot or cold packs to the head and neck
- ▶ Massage neck and scalp muscles
- ▶ Take a pain reliever: ibuprofen or acetaminophen (but only if it doesn't cause you adverse reactions)
- ▶ Reduce emotional and physical stress
- ▶ Avoid bright lights
- ▶ Reduce caffeine and alcohol
- ▶ Watch out for foods that can trigger headaches such as chocolate, cheese, nuts, dried fruit, pickled or smoked foods, hot dogs, citrus fruits, and juices
- ▶ Use relaxation exercises; call (617) 253-CALM for a recorded relaxation exercise

Cuts & Scrapes

- ▶ Thoroughly wash the area soap and warm water
- ▶ Stop bleeding by applying direct pressure
- ▶ Apply an over-the-counter antibiotic ointment (but only if it doesn't cause you adverse reactions)
- ▶ Cover the wound with a sterile bandage or adhesive strip
- ▶ Continue to keep the wound dry and clean

Repetitive Strain Injury

- ▶ Take a break from whatever activities are causing the pain
- ▶ Make adjustments in your work environment (workstation, keyboard, mouse)
- ▶ Try to vary your work activities
- ▶ If you have to be at the computer, take frequent "microbreaks," where you put your hands in your lap, palms up, for a few seconds

Sprains & Strains

- ▶ Stay Calm
- ▶ Avoid any movement that causes pain
- ▶ Keep the area immobilized (splint or ace bandage if necessary) until you can get medical attention to prevent further injury
- ▶ Apply ice or a cold pack to reduce swelling (in twenty minute increments)
- ▶ Elevate the limb (if it does not cause additional pain)
- ▶ Take a pain reliever: ibuprofen or acetaminophen (but only if it doesn't cause you adverse reactions)

If a problem is particularly bothersome or becomes progressively worse students can make an appointment at MIT Medical by calling (617) 253-4481 or they can be seen in Urgent Care if it is after hours or the weekend. In an emergency call 100 from a campus phone or (617) 253-1212.

If you're not sure whether or not you or the person you are helping needs medical attention, call the triage nurse for advice ((617) 253-4481).

MedLinks are located in most residences and can help students determine when to seek medical attention. They also can offer single doses of common over-the-counter medications and first aid supplies when appropriate. To find a MedLink go to

<http://web.mit.edu/medlinks/www/findus.html>.

Emotional Health

Almost every student at MIT experiences stress. You can feel better by learning ways to manage your stress and by making healthy changes in your daily routine.

- ▶ **Take personal time, even if it's just a few minutes every day.** Take a walk, stretch, call a friend, listen to music, spend quiet time alone, take lots of deep breaths, go shopping, read for fun, take a nap, try a new hobby, get some fresh air...
- ▶ **Learn some relaxation techniques to calm your mind and body.** Call (617) 253-CALM for a recorded relaxation exercise, or visit <http://web.mit.edu/medical/h-library.html> for audio downloads.
- ▶ **Get moving!** Incorporate more movement into your day (i.e. take the stairs, walk to class). Take a Tai chi, yoga or meditation class or borrow a relaxation DVD from Health Promotion.
- ▶ **Manage your time efficiently.** Make realistic "to do" lists. Don't let tasks pile up. Schedule in breaks. Eliminate unnecessary clutter. For a time management self-diagnosis, visit: <http://web.mit.edu/arc/learning/modules/time/index.html>.
- ▶ **Laugh!** Find the humor in situations or just enjoy a good joke.
- ▶ **Give yourself a break.** Nobody's perfect. We can't be all things to all people.
- ▶ **Express yourself!** Communicate directly with someone who is contributing to your stress, talk to a friend, or write your feelings in a journal. Learn to say "no" to unrealistic demands.
- ▶ **Change negative self-talk ("I'm so stupid") to positive self-talk ("I'm intelligent. I can figure it out").**
- ▶ **Surround yourself with friends who make you feel good.** Try to avoid people who are stress carriers or "negaholics."
- ▶ **Stay energized.** A good night's rest, lots of fluids and power snacks can keep you going.
- ▶ **Get support and talk it out.** It's smart to talk to someone when stress feels like it's too much to handle on your own.

Many students at MIT seek mental health support.

Students talk about difficult workloads, worries about a friend, challenges with boyfriends or girlfriends, problems at home, roommate conflicts, loneliness, concerns about drinking, problems with food, homesickness, concerns about the future, or anything that keeps you from enjoying life.

Getting support from a professional can help people sort through problems and help individuals feel more prepared for difficulties that might arise in the future.

24-Hour Emergency Care

Campus Police	100 (campus phone)
MIT Medical	(617) 253-1311
Mental Health on-call	(617) 253-2916
Dean-on-Call (Reach through Campus Police)	(617) 253-1212

MIT Medical (E23) <http://web.mit.edu/medical/>

<ul style="list-style-type: none"> • Mental Health Service Counseling, evaluation, treatment, crisis intervention, and referral 	(617) 253-2916
<ul style="list-style-type: none"> • Center for Health Promotion and Wellness Advice on helping a friend, information, programs, and referral 	(617) 253-1316

Dean's Office

Student Support Services (5-104)

Personal counseling, excused absences, specialized student support	(617) 253-4861
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Coordinator for Programs and Support for Women Students

Counseling, support, advice, and referral	(617) 253-7979
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Office of Minority Education (4-113)

Counseling, support, advice, and referral	(617) 253-5010
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Fraternity, Sorority, and Independent Living Group Office (W20-549)

Issue resolution, advising, and support program	(617) 253-7546
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Academic Resource Center (7-104)

Time management seminars, advice, and referral	(617) 253-6771
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Student-to-Student Resources

Nightline <http://web.mit.edu/nightline/> Peer listening hotline:
7:00 p.m.–7:00 a.m. during school semesters (617) 253-8800

MedLinks <http://web.mit.edu/medlinks/www>
Basic information and referral (617) 253-1318

Additional Helpful Resources

Chaplains (W11) religious-life@mit.edu
Counseling, private talks, program development, worship, prayer (617) 253-2981

Mediation@MIT
Service to resolve disputes between students (617) 253-7848

SAMARITANS
24-hour suicide and depression help (617) 247-0220

Food and Body Image

EAT WELL at MIT!

Ever wonder how you can eat well here at MIT? With your busy schedule it is no surprise that taking care of this part of your life is a challenge. As you may know, eating well impacts your energy, your mood, your performance, and ultimately your health. Focusing on these “tips” will go a long way in helping you feel strong, balanced, focused AND PRODUCTIVE!

- ▶ **Eat at least three times a day** – don’t skip meals!
- ▶ Select **WHOLE GRAINS** whenever possible.
- ▶ Remove **trans fats** from your diet; read food labels.
- ▶ Select **lean meats and low-fat** dairy products.
- ▶ Eat at least **FIVE SERVINGS** of fruits and vegetables every day.
- ▶ Drink eight (8 oz.) glasses of **WATER** a day.

Want more? Find topics like...

- ▶ EAT Well series, “Dining on East, Central, or West Campus”
- ▶ Navigating the menus and options at Dunkin Donuts, Au Bon Pain, Anna’s, Laverde’s, and much more
- ▶ Eating with NO Time and NO Money

Visit: <http://web.mit.edu/medical/wellness/eatwell/>.

10 Ways to Love Your Body

- ❶ Become aware of how your body supports you. Remember that it's not an ornament for others.
- ❷ Take a few minutes each day to listen to your body, hearing and responding when it's hungry, tired, or overwhelmed.
- ❸ Enjoy your body. Stretch, dance, walk, sing, take a bubble bath, get a massage.
- ❹ Wear comfortable styles that you really like and that make you feel good. Express your true self.
- ❺ Think of 3 things you would rather do with the time you waste every day criticizing your body.
- ❻ Describe 10 positive things about yourself without mentioning your appearance.
- ❼ Create a list of people who have contributed to your life, your community, the world. Was their appearance important to their success and accomplishments? If not, why should yours be?
- ❽ Always question the motives of the fashion industry whose main objective is making money, not allowing you to be the person you want to be.
- ❾ Respect yourself by accepting your body as it is today and every day (as well as the different body types around you).
- ❿ Each day, find ways to nourish, rest, and energize yourself. Eat a wide variety of foods such as whole grains, vegetables, fruits, dairy and protein such as lean red meat, poultry, fish, beans, and tofu. Become more physically active – sign up for a gym class or intramurals, walk or bike to class as a way to fit in exercise and reconnect with yourself.

Warning Signs for Disordered Eating or Exercise Behaviors

- ▶ Constantly thinking about eating, weight, and body size
- ▶ Becoming anxious prior to eating
- ▶ Being terrified about being overweight
- ▶ Not being able to recognize physical hunger
- ▶ Going on eating binges and being unable to stop eating until you feel sick
- ▶ Often feeling bloated or uncomfortable after meals
- ▶ Spending considerable time daydreaming about food
- ▶ Weighing yourself several times a day
- ▶ Exercising too much or being too rigid about your exercise plan
- ▶ Feeling guilty after eating or if you do not exercise
- ▶ Eating when you are nervous, anxious, lonely, or depressed
- ▶ Thinking that you don't look good in your clothes
- ▶ Obsessing over counting calories
- ▶ Placing yourself on severely restrictive diets (very low calorie, low fat, fasting)
- ▶ A marked increase or decrease in weight not related to a medical condition
- ▶ Self-induced vomiting or abuse of laxatives, diet pills, diuretics, and/or enemas
- ▶ Feelings of anxiety about being fat that don't diminish as weight is lost
- ▶ Unexplained problems with menstruation and/or fertility

If you or someone you are concerned about is experiencing any of these issues, go for help!

Talk to someone.

Resources

24-Hour Emergency Care

Campus Police	100 (campus phone)
MIT Medical	(617) 253-1311
Mental Health on-call	(617) 253-2916
Dean-on-Call (Reach through Campus Police)	(617) 253-1212

MIT Medical (E23) <http://web.mit.edu/medical/>

- **Eating Disorders Care Coordinator** – Audra Bartz – bara@med.mit.edu
Counseling, evaluation, treatment, crisis, intervention, and referral (617) 253-5200
 - **Mental Health Service**
Counseling, evaluation, treatment, crisis intervention, and referral (617) 253-2916
 - **Center for Health Promotion and Wellness**
Advice on helping a friend, information, speakers, programs, and referral (617) 253-1316
 - **Nutrition Services**
Nutritional counseling and treatment. Referral needed from a personal physician, nurse practitioner, or mental health provider (617) 253-1546
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Dean's Office

Student Support Services (5-104) Counseling and referral primarily dealing with academic issues	(617) 253-4861
Residential Life and Student Life Programs (W20-549) Support and living arrangements	(617) 452-4280

Student-to-Student Resources

Nightline http://web.mit.edu/nightline/ Peer listening hotline: 7:00 p.m.–7:00 a.m. during school semesters	(617) 253-8800
MedLinks http://web.mit.edu/medlinks/www Basic information and referral	(617) 253-1318

Additional Helpful Resources

Athletics Department athletics@mit.edu Information and referrals	(617) 253-4498
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Off Campus

Massachusetts Eating Disorders Association Groups and literature	(617) 558-1881
National Eating Disorders Association Information and referral	(206) 382-3587

Relationships

Positive relationships (whether they're between romantic partners, family members, friends, roommates, colleagues, students, teachers) are important to your well being.

To get the most out of your relationships...

...know how to communicate!

- ▶ Share your likes and dislikes with the other person. Explore your preferences openly and together.
- ▶ Express that you respect, appreciate and find worth in the person (and don't try to change him/her!).
- ▶ Be empathetic. Try to understand the other person's point of view
- ▶ Actively listen. Pay attention to both verbal and non-verbal messages.
- ▶ Be clear and make sure you say what you really mean.
- ▶ Acknowledge the legitimacy of the other's feelings (whether you think that they are logical or not).
- ▶ Accept that conflict is bound to happen but that it can lead to greater understanding and acceptance.

...make sure your relationships are healthy!

In a healthy relationship, partners:

- ▶ treat each other with respect
- ▶ feel secure and comfortable
- ▶ are not violent with each other
- ▶ are able to resolve conflicts constructively
- ▶ support one another
- ▶ are interested in one another's lives
- ▶ are physically and emotionally finished with previous significant relationships

- ▶ can express anger in an appropriate manner
- ▶ have privacy
- ▶ trust each other
- ▶ are sexual (or not) by choice
- ▶ communicate clearly and openly
- ▶ make healthy decisions about alcohol and other drugs
- ▶ encourage and support outside friendships
- ▶ are honest about your past and present experiences
- ▶ have more good times than bad times
- ▶ can laugh together
- ▶ feel balanced and equal in their relationships

In an unhealthy relationship, one or both partners may:

- ▶ attempt to control or manipulate the other
- ▶ make the other feel bad about himself/herself
- ▶ ridicule, criticize or call names
- ▶ not make time for the other
- ▶ be afraid of the other's temper
- ▶ discourage outside friendships/relationships
- ▶ ignore the other
- ▶ be overly possessive and/or jealous
- ▶ control the other's social activities and resources (e.g., money)
- ▶ physically harm or threaten to harm
- ▶ use physical force or threats to prevent the other from leaving
- ▶ not respect the other's sexual boundaries

If you feel that...

- ▶ you or someone you know is in an unhealthy relationship, it can be helpful to talk to someone about it. See resources on page 27.
- ▶ you or someone you are helping safety is in immediate danger, contact Campus Police (100 campus phone or (617) 253-1212) for 24-hour emergency assistance.

What You Should Know about Sexual Assault

- ▶ Sexual assault and rape are crimes.
- ▶ Sexual assault and rape can happen anywhere, including here at MIT.
- ▶ Assaults are not usually perpetrated by a stranger. On college campuses, 90% of sexual assault survivors knew the person who assaulted them.
- ▶ It's OK to decide **at any point** that you don't want to be intimate or go any further.
- ▶ Someone under the influence of alcohol or other drugs cannot legally consent to sex.
- ▶ **If you are sexually assaulted, you are not alone.** There are many medical, legal, and psychological resources available both on and off campus.
- ▶ **Sexual assault is never the fault of the survivor.**

What You Can Do to Prevent Sexual Assault

- ▶ **Never force, coerce, or pressure someone to participate in sexual activity.** Stop if someone says "no", is reluctant or is not clearly consenting. Silence should never be mistaken for consent. Someone under the influence of alcohol or other drugs cannot legally consent to sex.
- ▶ **Don't assume someone wants to have sex.** Reputation, dress, kissing, or previous permission for sexual activity is not indicative of a person's willingness to have sex right now.
- ▶ **Use a "buddy system":** Go to and leave parties with someone you trust.

- ▶ **It's OK to intervene.** If you see someone in trouble or in a situation that may lead to rape or sexual assault, try to intervene and help. If someone is in immediate danger, call Campus Police or personally intervene if possible **without putting yourself in danger.**
- ▶ **Challenge sexist and abusive behavior.** Don't make or encourage degrading jokes, intimidation, harassment, or verbal assault.

Resources

24-Hour Emergency Care

Campus Police	100 (campus phone)
MIT Medical	(617) 253-1311
Mental Health on-call	(617) 253-2916
Dean on Call (Reach through Campus Police)	(617) 253-1212

MIT Medical (E23) <http://web.mit.edu/medical/>

- **General Information** (617) 253-4481
- **Mental Health Service**
Counseling, evaluation, treatment, crisis intervention, and referral (617) 253-2916
- **Center for Health Promotion and Wellness**
Health consultation, advice on helping a friend, information, speakers, programs, and referral (617) 253-1316
- **Sexual Violence Resources** <http://web.mit.edu/medical/student/svr/index.html>

Dean's Office

- **Student Support Services (5-104)**
Personal counseling, excused absences, specialized student support (617) 253-4861
- **Coordinator for Programs and Support for Women Students** (617) 253-7979

Campus Police

Crime Prevention and Sensitive Crime Unit http://web.mit.edu/cp/www/	(617) 253-6875
SafeRide http://web.mit.edu/facilities/transportation/shuttles/safe_ride.html	
Night-time Safety Shuttle (Sun–Wed: 6:00 p.m.–3:00 a.m. and Thurs–Sat: 6:00 p.m.–4:00 a.m.)	(617) 253-2997

Student-to-Student Resources

Nightline http://web.mit.edu/nightline/ Peer listening hotline: 7:00 p.m.–7:00 a.m. during school semesters	(617) 253-8800
MedLinks http://web.mit.edu/medlinks/www Basic information and referral	(617) 253-1318

Cambridge/Boston Area Resources (off-campus)

Hotlines (24 hours/day, 7days/week)

Boston Area Rape Crisis Center (BARCC)
Counseling, medical and legal assistance,
community outreach and education programs (617) 492-RAPE (7273)

SafeLink: MA Domestic Violence Hotline (877) 785-2020

Network for Battered Lesbians (617) 423-SAFE (7233)

EMERGE (617) 547-9879

Counseling, training sessions, group sessions for abusers,
community awareness programs.

Cornell University Stalking Information
<http://www.human.cornell.edu/che/hd/stalking/index.cfm>
Information on how to manage an ex-boyfriend or ex-girlfriend
who just won't let go of the relationship.

Police/Legal Information

Cambridge Police (617) 349-3301

Boston Police (617) 343-4200

Victim Assistance, Cambridge District Court
Victim Witness Bureau (617) 679-6528

Medical Services

Beth Israel Hospital Rape Crisis Center (Emergency) (617) 667-8141

Fenway Violence Recovery Program (617) 927-6250

Sexual Health

Sexual Health Services for Students at MIT Medical

Many sexual health services, such as physical exams, **STD and HIV tests**, condoms, and **pregnancy tests**, are free for all MIT students. Other services, like contraception and prenatal care, are available at MIT Medical and the cost will vary according to your insurance coverage.

Both male and female students can make appointments for basic sexual health services, including physical exams, prescriptions for contraception, **STD and HIV tests**, and **pregnancy tests** through Internal Medicine by calling their primary care provider or by calling (617) 253-4481. Female students can also choose to make appointments through Obstetrics and Gynecology (OB/GYN) by calling (617) 253-1315. Because OB/GYN is a smaller, more specialized service, wait times for routine appointments may be longer than in Internal Medicine.

All students can get safer sex supplies, such as condoms, lubricant, dental dams, female condoms, and latex gloves, at the Center for Health Promotion and Wellness on the second floor of MIT Medical.

Services, Contraceptives and Safer Sex Supplies Available at MIT Medical

SI=MIT Medical Student Extended Insurance Plan members

Note: Spermicides and the cervical cap are not sold at MIT Medical.

Costs listed below are subject to change.

Service	Cost	Appointment?
Sexual Health Exams	Free	Call your primary care provider or Internal Medicine, (617) 253-4481. Female students can also get care through OB/GYN, (617) 253-1315.
STD & HIV Testing/Treatment	Free	
Contraception	Exam free; costs for contraceptive methods listed below	

Service	Cost	Appointment?
Emergency Contraception	\$15	Available 24 hours/day. Contact OB/GYN, Internal Medicine or the MIT Pharmacy (617) 253-4481 (weekdays) or Urgent Care, (617) 253-1311 (evenings/weekends).
Pregnancy Testing	Free	Call OB/GYN, (617) 253-1315 or your primary care provider for an appointment. Results usually available same day.
Abortion Referrals	Free	Call OB/GYN, (617) 253-1315 for an appointment.
Prenatal/pregnancy care	Set by insurance	All students eligible to receive prenatal care through OB/GYN, but cost is set by your insurance. Call (617) 253-1315 for prenatal appointments. If you have the MIT Student Extended Insurance plan and have questions about your coverage, call member services, (617) 253-4303.

Contraceptives

Method	Prescription?	Cost
Condoms	No	Free at Health Promotion \$6 per box of 12 at Pharmacy
Female Condoms	No	Free at Health Promotion
Latex ("dental") Dams	No	Free at Health Promotion \$1/each at Pharmacy
Lubricants	No	Free at Health Promotion \$2.50 at Pharmacy
Diaphragm	Yes	\$35.10 (SI \$15)
Intrauterine Device (IUD)	Yes	Cost available from prescribing clinician
Oral Contraceptives ("The Pill")	Yes	Cost varies by brand (SI \$15)
Depo-Provera (injection)	Yes	\$55.15 (SI \$15)
Contraceptive Patch (Ortho-Evra)	Yes	\$53.05 (SI \$15)
Contraceptive Vaginal Ring (NuvaRing)	Yes	\$43.65 (SI \$15)
Emergency Contraception	Yes	\$35.95 (SI \$15)

Resources

MIT Medical (E23) <http://web.mit.edu/medical/>

- **Internal Medicine**
Counseling, confidential testing, exams, and contraception (617) 253-4481

 - **Ob/Gyn**
Counseling, confidential testing, exams, and contraception (617) 253-1315

 - **Center for Health Promotion and Wellness**
Health consultation, advice on helping a friend, information, speakers, programs, and referral. Also provides free safer sex supplies, such as condoms and lubricant (617) 253-1316

 - **Pharmacy**
Prescription/nonprescription contraception, information on prescription methods, and safer sex supplies (617) 253-1324

 - **Mental Health Service**
Counseling, evaluation, treatment, crisis intervention, and referral (617) 253-2916
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Student-to-Student Resources

Nightline <http://web.mit.edu/nightline/> Peer listening hotline:
7:00 p.m.–7:00 a.m. during school semesters (617) 253-8800

MedLinks <http://web.mit.edu/medlinks/www>
Basic information and referral (617) 253-1318

Off Campus

Note: Cost for HIV testing varies from facility to facility

Planned Parenthood League of MA
Counseling, confidential testing, prevention advice, contraception, and treatment (617) 616-1600

The Fenway Community Health Center
Anonymous, LGBT-friendly, STD/HIV testing, general medicine, GYN (617) 267-0900

AIDS Action Committee of Massachusetts
HIV testing and prevention information (617) 437-6200

Massachusetts General Hospital
Anonymous HIV tests (617) 726-2748

Boston Medical Center
Confidential HIV tests (617) 414-4290

Beth Israel Deaconess Hospital
Anonymous HIV tests (617) 667-7000

Beth Israel Hospital Rape Crisis Center
Treatment and evidence collection (617) 667-8141

Hotlines

Peer Contraceptive Counseling (Every day 7:00 p.m.–12:00 a.m.)

Peer counseling about sex and sexuality

(617) 495-7561

The Peer Listening Line (Mon–Fri 5:00 p.m.–10:00 p.m.)

Gay teens and college students provide support, referrals, and information about: coming out, HIV/AIDS, safer sex, depression and suicide, harassment, and violence

(800) 399-PEER

Alcohol and Other Drugs

Alcohol Poisoning?

If a friend has any **ONE** of the symptoms of alcohol poisoning...

- ▶ Breathing fewer than 8 times per minute, or irregular breathing with 10 seconds or more between breaths
- ▶ Passed out, appears unconscious or cannot be awakened
- ▶ Cold, clammy pale or bluish skin
- ▶ Vomiting while sleeping or passed out, or not waking up after vomiting
- ▶ Does not respond when you shake and shout to them, stopped breathing

...get help immediately!

**Call 100 on a campus phone or (617) 253-1212.
When in doubt, check it out!**

**It is better to be nosy and safe than
regret that you didn't do more.**

Signs of a Potential Problem

- ▶ Consuming a large quantity of alcohol in a short amount of time (multiple rapid shots, funnels, chugging)
- ▶ Slurred speech
- ▶ Impaired motor control (stumbling, cannot walk, etc.)
- ▶ Vomiting

If You Notice Any **ONE** of the Signs:

- ▶ **Don't leave your friend alone.** Keep a close watch on your friend. Even after stopping drinking, the effects of alcohol can become more pronounced over time. Your friend is still at risk for alcohol poisoning. Watch for alcohol poisoning and call for help immediately if you notice your friend progressing to severe intoxication.

- ▶ **If your friend is sleepy or out of it, make sure your friend is on his/her side.** That way, if he/she vomits, the vomit will not cause choking and suffocation. Propping your friend up with a pillow in front and in back will lessen the likelihood of rolling onto his/her back.
- ▶ **Stay with your friend.** Wake your friend frequently – every 15 minutes or so. If your friend doesn't awaken easily, get help.
- ▶ **Don't go it alone.** Contact your GRT, RA, Housemaster, a MedLink, Campus Police or MIT Medical for help. You may be scared, but you owe it to your friend or the person in need to help him/her stay safe.

What is Low-Risk Drinking?

Remember, it is your right to choose not to drink at all at a particular event or party if you so desire. If you choose to drink, make responsible decisions based on what's good for you, and what is in accordance with the law, campus policy, and any personal health and safety concerns you may have. Set your own pace so that you can enjoy all of the positives while eliminating any of the negatives.

- ▶ **Limit intake.** It is not how many drinks you have but how much alcohol you consume. Be aware that some drinks contain more alcohol than others. For instance one glass of punch may contain as much alcohol as 3 typical "drinks."
- ▶ **Sip drinks.** Be aware that guzzling drinks and drinking games put more alcohol into your system than can be metabolized by the body.
- ▶ **Eat before and while drinking.** The less you have in your stomach, the faster alcohol will be absorbed into your bloodstream. Try high protein foods, such as cheese. Avoid salty snacks, which will increase your desire for liquids.
- ▶ **Avoid carbonated mixers.** Carbonation increases the rate of absorption of alcohol into the bloodstream.
- ▶ **Alternate alcohol with non-alcohol beverages.** Try a noncarbonated beverage such as juice or water. It will also keep you from getting dehydrated.

- ▶ **Mix your own drinks or take drinks from a closed container.** Otherwise, it is difficult to know exactly what and how much alcohol is in your drink.
- ▶ **Stop drinking for part of the night.** Dance, chat with your friends, etc.
- ▶ **If you want more, refill your glass yourself.** Refill when your glass is empty, not when it's half full.
- ▶ **Avoid alcohol and caffeine drinks.** They can further dehydrate you and cause you to drink more alcohol than you would have otherwise by masking alcohol's depressant effects.
- ▶ **Avoid drinking when suffering from sleep deprivation.** If you are fatigued, the effect of alcohol will be greater than if you are rested.
- ▶ **Avoid injury.** Do not drive, roller blade, bike, ski, work in a lab, or work with machinery while drinking or using other drugs.

Worried about a Potential Problem with Alcohol and/or Other Drugs?

Do you or the person you are helping...

- ▶ Worry that drugs are affecting you in a way that is different from others (e.g., behavior change, alcohol and other drug craving and seeking)?
- ▶ Have private concerns about the amounts of alcohol or other drugs that are being consumed?
- ▶ Have regrets about specific choices that were made under the influence of alcohol and/or other drugs (e.g., saying something you wish you had not)?
- ▶ Attempt to make adjustments in drinking and/or other drug using habits to control consumption (e.g., switching from mixed drinks to beer only)?
- ▶ Make lifestyle adjustments to accommodate drinking and/or drug use?

If any of these sound familiar, get help for yourself or encourage the person you are concerned about to connect to resources. Please refer to the resources at the end of the chapter.

Resources

24-Hour Emergency Care

Campus Police	100 (campus phone)
MIT Medical	(617) 253-1311
Mental Health on-call	(617) 253-2916
Dean-on-Call (Reach through Campus Police)	(617) 253-1212

MIT Medical (E23) <http://web.mit.edu/medical/>

• General Information	(617) 253-4481
• Mental Health Service Counseling, evaluation, treatment, crisis intervention, and referral	(617) 253-2916
• Center for Health Promotion and Wellness Health consultation, advice on helping a friend, information, speakers, programs, and referral	(617) 253-1316
• Substance Abuse Recovery Group Welcomes all regardless of recovery status.	(617) 253-2916

Dean's Office

• Student Support Services (5-104) Counseling and referral primarily dealing with academic issues	(617) 253-4861
• Residential Life and Student Life Programs (W20-549) Support and living arrangements	(617) 452-4280
• Community Development and Substance Abuse Programs (W20-507) Training workshops for students and staff, treatment referral information, educational resources, information about alcohol and other drug policies and procedures and much more	(617) 253-3276

Student-to-Student Resources

Nightline http://web.mit.edu/nightline/ Peer listening hotline: 7:00 p.m.–7:00 a.m. during school semesters	(617) 253-8800
MedLinks http://web.mit.edu/medlinks/www Basic Information and referral	(617) 253-1318

Additional Helpful Resources

Chaplains (W11) religious-life@mit.edu Counseling, private talks, program development, worship, prayer	(617) 253-2981
Crime Prevention and Sensitive Crime Unit Reporting, legal advice, and speakers	(617) 253-9755
SafeRide	(617) 258-6510

Off Campus

AA–Alcoholics Anonymous

Area support groups for alcohol abusers (617) 426-9444

Al-Anon Family Groups of Massachusetts

Support groups for friends and family affected by other's drinking (508) 366-0556

Bridge over Troubled Waters

Free drug and alcohol counseling for those under 25 years old (617) 423-9575

Narcotics Anonymous

Meetings, mentoring, and support groups for drug users (866) 624-3578

Massachusetts Substance Abuse Hotline

Information about local drug treatment and support services (800) 327-5050

More Off Campus Outpatient Places

AdCare

14 Beacon St. Suite 801, Boston, MA 02108 (617) 227-2622

CASPAR

162 Highland Ave., Somerville, MA (617) 623-2080

Impact

Counseling for people whose lives are affected by substance abuse
260 Beacon St., Somerville, MA (ask for Linda) (617) 661-0405

Additional Resources for Graduate Students

REFS – Resources for Easing Friction and Stress

Graduate students trained and certified as peer mediators.

Electrical Engineering and Computer Science (EECS) REFS

<http://projects.csail.mit.edu/eecsrefs/index.php>

Chemistry REFS

<http://web.mit.edu/chemistry/refs>

Physics REFS

<http://web.mit.edu/physics/refs>

Graduate Student Office

Support and referral office for graduate students
Building 3, Room 138

(617) 253-4860

<http://web.mit.edu/gso/>

spouses&partners@mit

A support network for the wives, husbands and significant
others of MIT students, staff, and faculty

(617) 253-1614

MIT Medical Building, Building E23, Room 323

<http://web.mit.edu/spouses>

MIT Center for Work, Family, and Personal Life

<http://hrweb.mit.edu/worklife/index.html>

MIT LifeSites

Resources for personal, family, and community life

<http://web.mit.edu/lifesites/>

Ombuds Office

Neutral, confidential resource for workplace,
educational, and personal problems
Building 10, Room 213

(617) 253-5921

<http://web.mit.edu/ombud>



the center for
**H e a l t h
P r o m o t i o n
& W e l l n e s s**
at **MIT Medical**



The Center for Health Promotion & Wellness
MIT Medical, Building E23-205
(617) 253-1316 healthed@mit.edu
<http://web.mit.edu/medical/a-center.html>