Make life a little easier
Contact MIT MyLife Services anytime to speak to an expert for whatever is on your mind.

→ 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

→ 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)

→ Wellness
  - Meditation
  - Mindfulness
  - Nutrition
  - Sleep Concerns
  - Smoking Cessation
  - Specific Diets
  - Weight Management

→ 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

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

→ Work and Career
  - Career Exploration
  - Continuing Education
  - Interest Testing
  - Job Search Strategies
  - Resume Review
  - Time Management
  - Work Stress
  - Work Transitions
  - Work-Life Integration