UA Wellness Committee Presents..
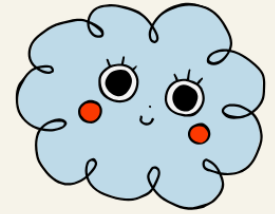
Mental Health and Counseling

What is Therapy?

What can therapy do for me?
Therapy can help you work through difficulties in life and make progress towards your goals. While its effects may not be immediate, each step along the way can make you feel better.

What is the difference between a therapist and a psychiatrist?
While they provide similar services, therapists cannot usually make diagnoses or offer certain medical treatments. Psychiatrists on the other hand can, for example, prescribe medication.

Why might I see a therapist?
Therapy can be helpful when dealing with immediate mental health concerns, or even just to develop coping strategies, maintain healthy relationships, set goals, and manage stress.

Navigating Resources

How do I find a provider? MIT SMHCS can refer you to Boston area providers, or you can use online databases like Psychology Today, ZenCare, Innopsych, Thriving Campus, or ZocDoc

What does insurance cover? The databases above can find a provider "in-network" for your insurance. With MIT SHIP insurance, "in-network" providers give 52 free visits/calendar year and a $5 copay per additional visit. "Out of network" providers cover 52 visits/calendar year up to a maximum allowed amount. Call MIT Medical SMHCS or a representative from your insurance provider for more guidance on what your insurance covers.

Did you know? MIT SMHCS sees 21% of the student population every year.

MIT Wellbeing Resources

- **MIT Medical:** 617-253-4481 (All-encompassing)
- **S^3:** s3-support@mit.edu & 617-253-4861 (Academic support)
- **DoingWell:** Hub for wellbeing resources, self-care
- **Let's Chat:** Walk in service to speak to mental health clinicians from MIT Medical

Crisis Resources Available 24/7

- **MIT Medical Student Mental Health & Counseling Services (SMHCS) :** 617-253-2916
- **MIT Police/Dean:** 617-253-1212
- **Suicide & Crisis Lifeline:** 988, call or text.
- **ULifeline Crisis Text Line:** Text START to 714-741