The Institute offers a variety of resources for advising and personal support. Students are free to choose the resource that appears to be most helpful, and support is available in many forms, including walk-in conversations as well as scheduled appointments, and with goals ranging from information dissemination to skilled psychotherapy.

All students have an academic advisor. The Office of the First Year (http://mit.edu/uaap) assigns advisors to first-year undergraduate students. Academic departments assign faculty advisors to students who have declared a major. In addition, there are faculty undergraduate and graduate officers in each academic department, as well as academic administrators who consult with students about their academic programs.

Student Support and Wellbeing (SSAW) (https://studentlife.mit.edu/wellness-and-support), in the Division of Student Life, supports all MIT students by providing individualized services, coordinating resources, and offering innovative prevention and education programs. SSAW is composed of five offices that partner closely with other Institute resources to provide coordinated care for all MIT students. The offices in SSAW include Student Support Services, Student Disability Services, Violence Prevention & Response, Alcohol and Other Drug Services, and the CARE Team. Brief descriptions of each of these offices is provided below:

- Student Support Services assists undergraduates who cannot meet academic obligations for personal or medical reasons, facilitates the processing of OX grades, processes leaves and returns to the Institute, and advocates on behalf of students.
- Student Disability Services ensures that all students with disabilities have access to MIT’s programs, activities, and services.
- Violence Prevention & Response works with the entire campus to educate and raise awareness on sexual assault, dating and domestic violence, stalking, and sexual harassment. Victim advocates are available 24 hours a day to support survivors by calling the hotline at 617-253-2300.
- Alcohol and Other Drug Services prevents high-risk behaviors and promotes healthy communities by working with the community to develop and sustain prevention programming, provide early intervention services, and build coalitions to address MIT-related health issues.
- The CARE Team supports students through hospitalizations and transitions back to campus, as well as facilitating wellbeing checks and offering general support to students who are in crisis.

At MIT Medical (https://medical.mit.edu), the Mental Health and Counseling Service (https://medical.mit.edu/services/mental-health-counseling) provides individual and group counseling for a broad array of problems and concerns. The staff are most helpful with such issues as test anxiety, lonesomeness, problems with making and keeping friends and relationships, drinking and using substances, and worry. In addition, Community Wellness (https://medical.mit.edu/services/community-wellness) at MIT Medical runs seminars ranging from stress management and smoking cessation to weight control and nutrition education. For more information, call 617-253-2916.

Several campus offices specialize in particular areas, such as Student Financial Services (http://mit.edu/sfs) (including student employment), Religious Life (http://studentlife.mit.edu/rl/mit-chaplains), Career Advising and Professional Development (http://gecd.mit.edu) (which also offers prehealth advising), and the Office of the First Year (http://mit.edu/uaap). The MIT Police (https://police.mit.edu) can also be helpful to students in many ways.