Numbers of Interest:

**Overall numbers**
- In 2013, 2048 MIT students responded to a survey from the American College Health Association. 47% of respondents stated that they had feelings of hopelessness in the past 12 months.
- According to the MIT 2013 Student Quality of Life Survey, 54% of students (N=4665) felt overwhelmed by what they had to do often/very often.

**MIT Mental Health & Counseling**
- Has over 11,000 visits per year
- Approximately 15% of enrolled students will visit MIT Mental Health & Counseling in an academic year

**Office of the Dean for Graduate Education (ODGE)**
- Has approximately 1000 visits per year
- Processes over 800 petitions in a calendar year. From Summer 2013-Spring 2014, the following petitions were processed:
  - 59 Medical Leaves/Returns
  - 129 Non-resident status
  - 694 Graduate Student Petitions
  - 9 Childbirth Accommodations

**Student Support Services (S³)**
- Has approximately 5500-6000 visits per year
- 50-60% of undergraduate students visit S³ before they graduate

**When to consult with someone and/or refer the student:**

**The student is exhibiting:**
- Frequent absences from class or work, especially when this is a change.
- Marked decline in academic work or work performance.
- Repeated need for accommodations (extensions, OXs, etc.)
- Marked changes in concentration, motivation, and investment in academic work.
- Papers or essays with themes of depression, hopelessness, helplessness, anger, social isolation, and/or despair.
- Marked changes in personal hygiene, noticeable weight gain or loss, and/or reported changes in sleeping or eating habits.
- Depressed demeanor, isolation, or withdrawal.
- Apathy, lack of energy, noticeable changes in social behavior, and/or work habits.
- Noticeable anxiety or panic.
- Marked changes in personality traits and/or interpersonal style.
- Anger, irritability, and increased interpersonal difficulties.

OR your intuition tells you that you should.

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**People to Know:**

- **MIT Mental Health & Counseling**
  - 617.253.2916
  - 617.253.4481 (After Hours)
  - Walk-in M-F 2pm-4pm
  - E23 – 3rd floor

- **Office of the Dean for Graduate Education (ODGE) (Grad Students)**
  - Blanche Staton
    - 617.253.4869
    - 3-138
  - Jason McKnight
    - 617.253.5427
    - 9-367

- **Student Support Services (Undergrad Students)**
  - 617.253.4861
  - Walk-in M-F 9am-10am
  - 5-104

- **Violence Prevention & Response (VPR)**
  - E23-205
    - Consultation - 617.253.4420
    - 24-Hour Hotline - 617.253.2300

**After Hours Emergency Support**

- **MIT Police/Dean On-Call**
  - 617.253.1212