For work, life, and everything in between

Harvard University's Office of Work/Life

Harvard's Employee Assistance Program

Free and confidential counseling and consultation for benefits-eligible faculty, staff, and their household members. In addition to 24/7 crisis support for personal or work-related challenges, Harvard's Employee Assistance Program offers support for parenting, nutrition, sleep and career issues; legal and financial resources; and convenience services such as referrals to pet care, continuing education, transportation and more

The Office of Work/Life Wellbeing Monthly Resources Calendar

Monthly list of wellbeing webinars and resources

Help with regular and back-up family caregiving

Access to subsidized vetted back-up care for children and adults; free consultation with elder-care planning experts

Financial Assistance with the costs of family caregiving

Child care scholarships based on demonstrated financial need for eligible faculty, staff, and postdocs, to help defray the cost of regular childcare; salary-eligible employees can claim reimbursement for some back-up care costs through the SOURCE Program

On-campus child care centers

Seven on-campus child care centers serve children of faculty, staff, postdocs, students, other Harvard affiliates, and members of the community

Nanny-placement services

Boston Nanny Centre offers a range of nanny placement services for Harvard affiliates

Campus lactation support

More than 60 dedicated lactation rooms across campus for breastfeeding parents are available to staff, students and visitors

Adoption resources and assistance

Adoption resources and grants up to $10,000 to assist with adoption costs

Your Life Well Lived wellbeing newsletter

Monthly e-newsletter from Harvard Human Resources presenting an array of wellbeing benefits, resources, and opportunities