



Mental Health Resources at Tech

Mental Health at Tech

“A state of well -being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community ¹”

– World Health Organization

- **At least 30% of GT students suffer from depression or anxiety²**
- **Suicide attempts at GT rose from 5.9% to 9.5% between 2014 to 2017³**

Signs and Symptoms

- **Depression:**
 - Lack of energy, difficulty concentration, agitation, loss of interests, trouble sleeping, feelings of worthlessness, suicidal ideation
- **Anxiety Disorders:**
 - Avoiding situations, unrealistic worry, racing or blank mind, panic attacks
- **Psychosis:**
 - Losing touch with reality, delusions, thinking difficulties, social withdrawal
- **Substance Abuse:**
 - Compromising other important aspects of life, dependence, tolerance, problems with withdrawal
- **Eating Disorders:**
 - Changes in food preferences, excessive exercise habits, binge eating, dieting behaviors, weight loss, body dissatisfaction, vomiting

**No such thing as
“not sick enough”**

Step-Care Model – GT's Protocol to Get Help

- **Step 1**

- GT CARE Assessment and Plan

- **Step 2**

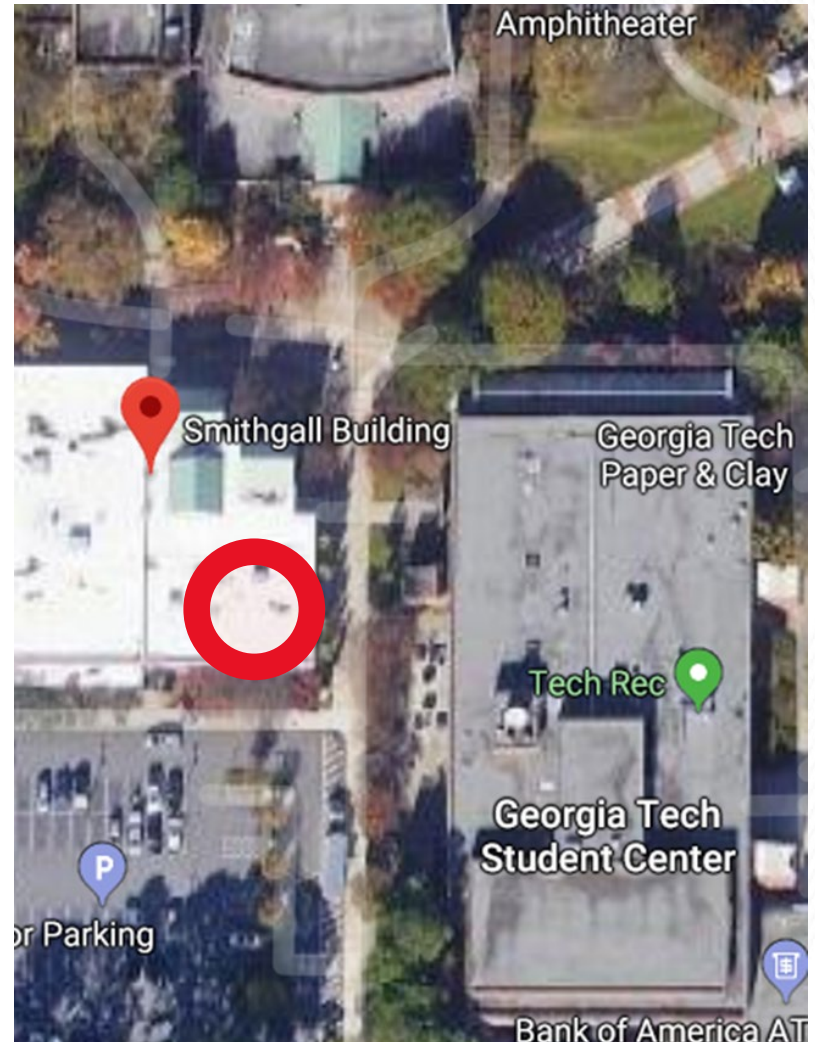
- Follow-Up Consultation, Referral to Campus Resources, Life Skills Workshops, or Referral to Community Specialists

- **Step 3**

- Short-Term Individual Counseling, Couples Counseling, Group Counseling, or Testing and Assessment

GT CARE

- Walk-in only intake center
 - 8:00am-4:00pm Mondays-Fridays
 - Smithgall (Flag) Building
102B, 1st Floor
 - (404) 894-3498 during business hours
- Allow for 30 minutes
- **MUST go here before Psychiatry/Counseling**
- Not needed if seen in GTCC in past 6 months
- [Click for more info](#)

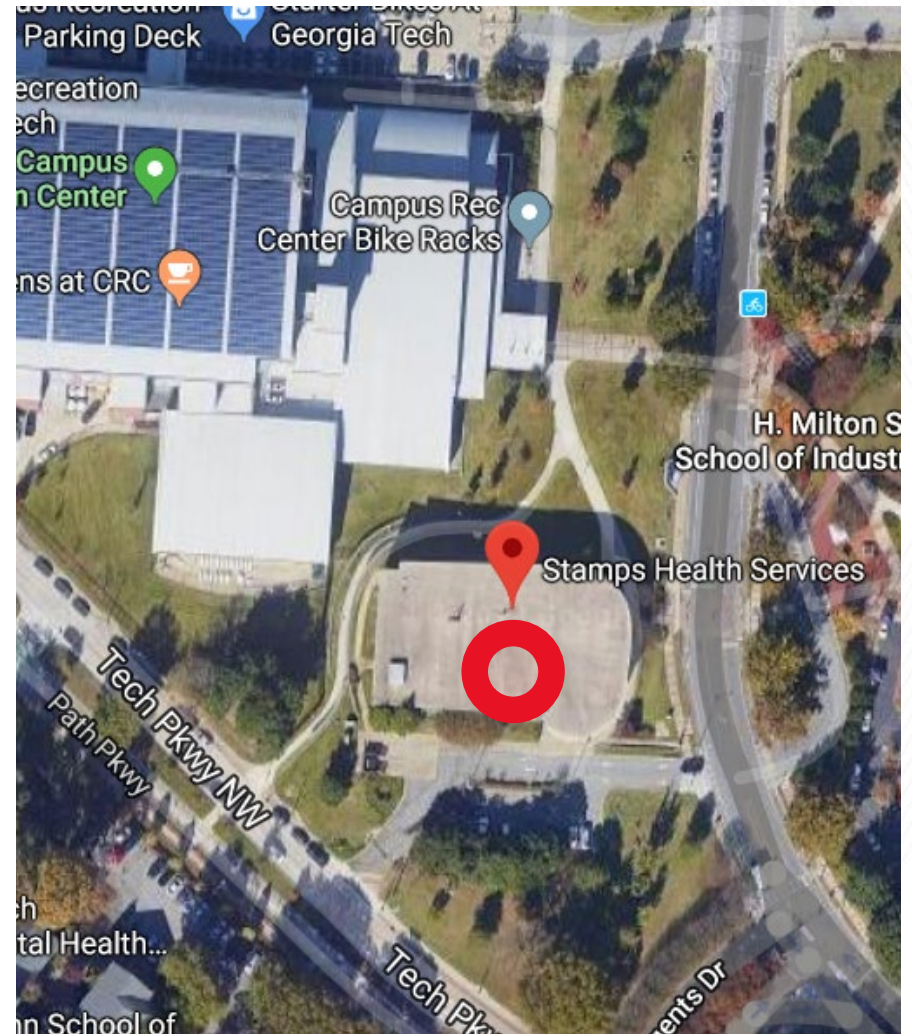


GT Counseling Center (GTCC)

- Smithgall (Flag) Building 238, 2nd Floor
- 8:00am-5:00pm Mondays-Fridays
- (404) 894-2575 during business hours
 - After hours: dial same # or CARE's # and ask for after-hours counselor
 - May also call GTPD at (404)894-2500
- Offers a variety of free services:
 - Individual therapy
 - Group therapy, via andysmith@gatech.edu
 - Couples therapy
 - [Click for more info](#)

Psychiatry

- 275 5th Street, in Stamps Health Services
 - 8:00am-5:00pm Mondays-Fridays
- (404) 894-2585 to make an appointment
- Fees:
 - \$50 for new patients
 - \$25 for follow -up
- Arrive 10 minutes prior to appointment
- ADHD Treatment referred off -campus
- [Click for more info](#)



Crisis

At Tech

- Not currently a patient at GTCC:
 - (404) 894-3498
 - Walk-in to CARE during business hours
- Currently a patient of GTCC:
 - (404) 894-2575
 - Walk-in to GTCC during business hours
- After hours:
 - dial either CARE or GTCC and ask for after-hours counselor
- GTPD:
 - (404) 894-2500 for any crisis

External (24/7)

- Georgia Crisis & Access Line:
 - 1-800-715-4225
 - #1 Priority line
- 911
- Crisis Text Line:
 - Text HOME to 741741
- [National Suicide Prevention Line:](#)
 - 1-800-273-8255
- [Trevor Project \(LGBTQIA\):](#)
 - 1-866-488-7386

External Resources

- Non-crisis situations (many crisis lines still apply):
 - [Warmlines](#) – provide non-crisis support, often peer to peer
 - GCAL (24/7) at (800) 715-4225
 - Decatur Peer Support (24/7) at 1-866-488-7386
 - Georgia Crisis and Access Line App
 - Crisis Text Line:
 - Text HOME to 741741
 - [National Suicide Prevention Line](#):
 - 1-800-273-8255
 - [Trevor Project \(LGBTQIA\)](#):
 - 1-866-488-7386

Supplemental Resources

- [Satellite Counselors](#)
 - Offer free and fast consultations in MRDC, Whitaker, and COC
- [Student Assistance Form](#)
 - Via Dean of Student Life
- [VOICE](#)
 - Sexual Violence Prevention and Victim Support
 - 8:00am-5:00pm Mondays-Fridays
 - Call (404) 385-4464 or (404) 385-4451
 - After hours:
 - GTPD at (404)894-2500 and ask for VOICE Advocate
- [Peer Coaching](#)
 - 1-on-1 wellness support from a peer
- [Mindful Mondays](#)
 - Drop-in mindfulness
 - 4:00pm-5:00pm on Mondays in Student Center Juniper Room
- [Welltrack App](#)
 - Free through gatech.edu domain
 - Interactive Self-Help Therapy
 - Not a substitute

Thank You

Works Cited

- ¹Galderisi, S., Heinz, A., Kastrup, M., Beezhold, J., & Sartorius, N. (2015). Toward a new definition of mental health. *World psychiatry : official journal of the World Psychiatric Association (WPA)* 14(2), 231–233.
doi:10.1002/wps.20231
- ²Eisenberg D, Lips on S, The Healthy Minds Study 2017-2018 Data Report. 2018
- ³Singleton J, Hale E, Student Mental Health Support at Georgia Tech. 2017