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.”

– World Health Organization

• At least 30% of GT students suffer from depression or anxiety

• Suicide attempts at GT rose from 5.9% to 9.5% between 2014 to 2017
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
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


3Singleton J, Hale E, Student Mental Health Support at Georgia Tech. 2017