

Center for Mental Health Care & Resources

Smithgall Student Services Building ("Flag Building")
Suite 238

(404) 894-2575

Monday-Friday 8am-5pm

Thursday – extended hours until 7pm (*by appointment only*)

Website:

<https://mentalhealth.gatech.edu/>



College Students and Mental Health

Psychological symptoms such as depression, anxiety, loneliness, poor sleep, attentional problems, and stress are becoming all too common experiences for college students.

The Center for Mental Health Care & Resources at Georgia Tech is dedicated to helping students to address these issues and get back on track with their personal, social, and academic goals.

The Center for Mental Health Care & Resources has a staff of mental health providers (psychologists, social workers, counselors, and doctoral level trainees) who are dedicated to working with Georgia Tech students.

Our Mission:

To enhance the academic and personal experience and success of all students by providing a variety of counseling and psychological services to students and the greater campus community.

These services are offered with respect for others, appreciation of individual differences, and compassion.

What is Mental Health Counseling?

A collaborative effort between you and a counselor to address emotional, social, and behavioral issues that you may be facing.

Professional counselors help students to:

- identify goals and solutions to problems which cause stress
- reduce problematic symptoms
- improve communication and coping skills
- strengthen self-management skills and confidence
- promote behavior change and optimal mental health.

Counseling is **confidential**, which means your information is kept private and separate from your academic record. Your information may be shared only with your written permission or to protect you or others from harm.

Our Clinical Services:

- Individual, group, and couples counseling
- Mental health consultations
- Crisis support and after-hours services
- Alcohol and other drug services
- Peer coaching
- Selected testing and assessment services
- Online self-help resources
- Referrals to on/off campus resources

Our Services:

- In-person
- Virtual
- By appointment
- Same-day crisis services
- Confidential
- Evidence-based
- No additional cost to Tech students

Main Location:



Center for Mental Health
Care & Resources



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Satellite Locations:

In addition to our main office in Smithgall Hall, counselors are located at 6 satellite locations around campus.



***No intakes or crisis services provided at these locations, only scheduled appointments and consultations.**

Our Campus Health and Wellness Partners

- Dean of Students Office
- Wellness Empowerment Center
- Stamps Psychiatry
- Stamps Health Services
- Georgia Tech Police Dept.
- Students' Temporary Assistance and Resources (STAR)

External Partnerships

Through the University System of Georgia, Georgia Tech students also have independent access to virtual mental health and wellness services.

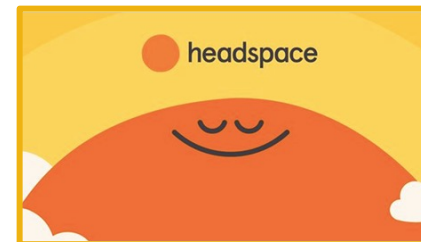
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- One-on-one virtual counseling platform
- 5 free virtual counseling sessions and wellness resources
- No referral required

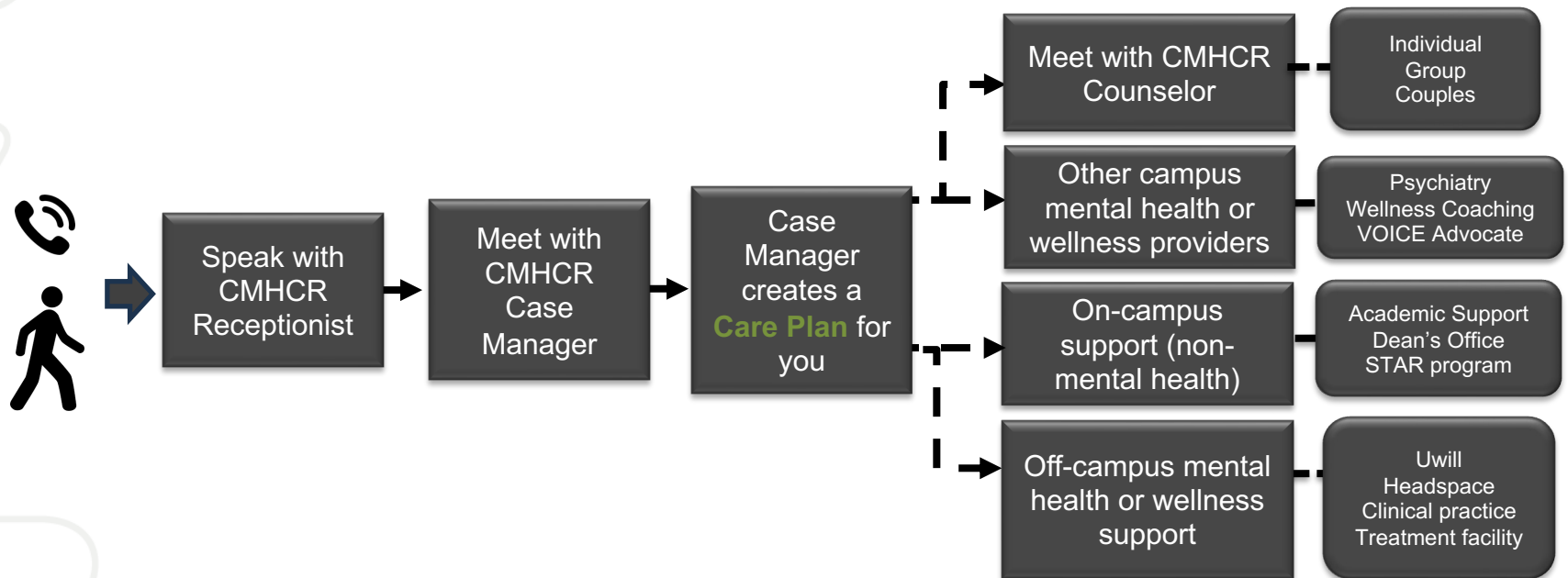


Headspace

- Mindfulness and meditation app
- Available for free to all students using a GT passcode
- Virtual resources



What Does Service Look Like?



What to Expect from Our Staff:

- Receptive and Supportive
- Professional
- Ethical
- Confidential
- Non-judgmental
- Culturally Competent

Emergency Resources

- Georgia Tech Police: 404-894-2500
- Office of the Vice President and Dean of Students: 404-894-6367
- Victim-Survivor Advocate: 404-894-9000
- Georgia Crisis and Access Line: 1-800-715-4225
- National Suicide Prevention Lifeline: 1-800-273-TALK (8255)
- 988 Suicide and Crisis Lifeline
- Trevor Lifeline: 866-488-7386
- [CrisisChat.org](https://www.crisischat.org)

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If you have any questions about this presentation, please contact us at (404) 894-2575.