MENTAL HEALTH AND WELL-BEING AT GEORGIA TECH
5 STAGES OF CULTURE SHOCK

• The honeymoon stage
• Hostility and irritability
• Gradual adjustment
• Adaptation
• Re-entry travel shock/readjustment to former culture

https://horizonunknown.com/5-stages-culture-shock-how-to-overcome/
Staying emotionally and mentally healthy requires:

- Awareness
- Balance
- Coping skills
CARE is the central point of access for mental health and well-being resources and referrals on and off campus.
Mental Health and Wellness

Visit CARE, the central point of access for all your mental health and wellness needs. CARE can help you get connected with all of these resources and more...

CARE
Center for Assessment, Referral and Education

Health Initiatives
- Health Education
- Community Nutrition
- VOICE
  Sexual Violence Prevention and Victim-Survivor Support

Stamps Psychiatry
- Psychiatric Consultation
- Case Management
- Asperger's Support Group
- Medication Management

Georgia Tech Counseling Center
- Individual Counseling
- Couples Counseling
- Group Counseling
- Workshops

Off Campus Resources
- Individual Counseling
- Psychiatry

Creating the Next®
COUNSELING CENTER
TYPES OF CLIENT SERVICES

- Individual/Group
- Couples Counseling (one in the pair must be enrolled)
- Referral – in house/external for additional services
- Consultation
- Outreach
- Emergency coverage (regular hours, after hours via phone)
- Online Self-Help resources on our website
CONTACT US

CARE
Location: Smithgall (Flag Building) 1st Floor Suite 102B
Phone: 404-894-3498
call CARE to start assessment process
Website: www.care.gatech.edu

GTCC
Location: Smithgall (Flag Building) 2nd Floor Suite 238
Phone: (404) 894-2575
Website: www.counseling.gatech.edu