



# MENTAL HEALTH AND WELL-BEING AT GEORGIA TECH

COUNSELING CENTER

CREATING THE NEXT®

## 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

# CENTER FOR ASSESSMENT, REFERRAL & EDUCATION (CARE)

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..



# 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](http://www.care.gatech.edu)

## GTCC

Location:

Smithgall (Flag Building)  
2nd Floor Suite 238

Phone: (404) 894-2575

Website:

[www.counseling.gatech.edu](http://www.counseling.gatech.edu)