MENTAL HEALTH AND WELL-BEING AT GEORGIA TECH

COUNSELING CENTER
ACCULTURATIVE STRESS & CULTURE SHOCK

- Acculturative stress is specific to persons who move from one culture to another.
- Occurs to the challenge of having to make multiple cultural adjustments on a daily basis.
- Adjustment improves over time, but if stress is not dealt with it can cause more difficulties.
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/
SIGNS OF CULTURE SHOCK

• Irritability
• Feeling anxious and worried
• Difficulty concentrating
• Difficulty sleeping
• Longing to be back home
• Isolating/avoiding contact
• Constant tiredness
• Mood swings
• Criticizing local customs
• Difficulty making decisions
HOW CAN COUNSELING HELP YOU?
COMMON BELIEFS/BARRIERS

• Things will get better if you try hard enough
• Therapy and self-help are a waste of time
• Didn’t know counseling could help/how to access services
• Attaching stigma to seeking professional help – means you’re weak or “crazy”
• Seeking mental health services is only for diagnosable problems
• Therapy is expensive
• It’s enough to talk to family and friends
Staying emotionally and mentally healthy requires:

• Awareness
• Balance
• Coping skills
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.

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**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

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CREATING THE NEXT®
CARE is the central point of access for mental health and well-being resources and referrals on and off campus.
COUNSELING CENTER
TYPES OF CLIENT SERVICES

• Individual/Group
• Couples Counseling (one in the pair must be enrolled)
• Testing and Assessment Services
• Referral – in house/external for additional services
• Consultation
• Outreach
• Emergency coverage (regular hours, after hours via phone)
• Online Self-Help resources on our website
“Let’s Talk”

Informal, Confidential Consultations with Georgia Tech Counselors

Mondays, 4 PM - 5 PM with Laura Marie

Thursdays, 11 AM - 12 PM with Melissa Massey

To schedule a virtual meeting:

404-894-2575

counseling.gatech.edu/content/lets-talk
PEER COACHING PROGRAM

Students Providing One-on-One Support to Students

Peer Coaching Can Help Address:
- Adjustment to College/Tech Culture
- Relationship Concerns
- Academic Struggles
- Grief or Loss
- Stress

peercoaching.gatech.edu
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