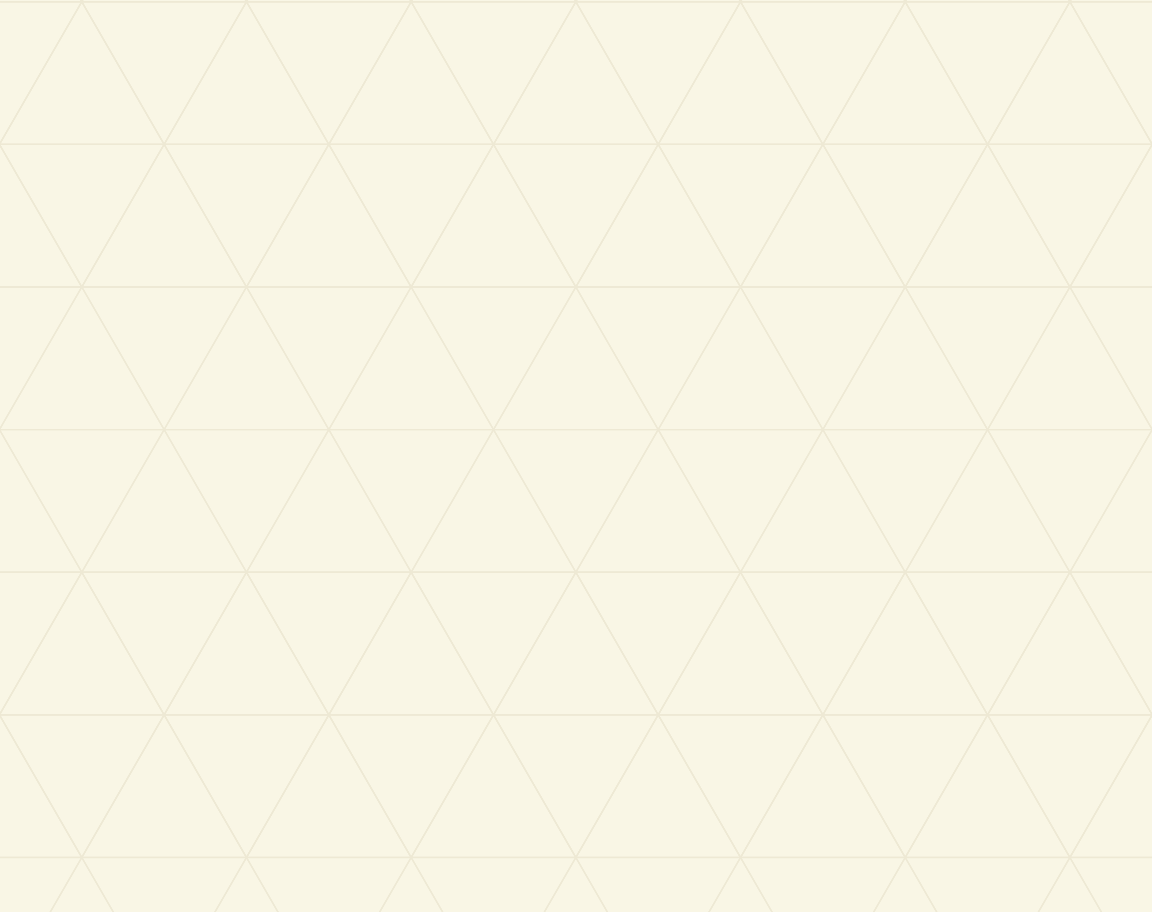




Staff Council

Mental Health Resource Guide





DISCLAIMER

This guide is meant to be used for informational purposes only, to help you make personal choices about your health and wellness. Its purpose is to provide information about available resources for support to assist you in your mental health journey. It is not to be used in lieu of consultation with your healthcare provider or in place of seeking professional advice.

CRISIS RESPONSE

If you are in crisis (i.e., thinking about hurting yourself or someone else), or if you are worried about a co-worker in crisis, please call or text a resource below, call 911, or head to an emergency room immediately.

Suicide prevention hotline: 800.273.8255
(En Español: 888.628.9454)

The Trevor Project (LGBTQ crisis and suicide hotline): 866.488.7386

Veterans crisis line: 800.273.8255

Teen crisis line: 310.855.4673

Crisis text line: Text "HOME" TO 741741



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INTRODUCTION

Mental health includes our emotional, psychological, and social well-being.

To support the Institute's commitment to well-being, Georgia Tech Staff Council has created this Mental Health Resource Guide to provide resources that can support faculty and staff with their mental health.

The World Health Organization (WHO) defines mental health as: 'A state of well-being in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully and is able to make a contribution to her or his community'.

At Georgia Tech, one of our values is to nurture the well-being of our community by striving to build a healthy and vibrant environment that helps our students and every member of our community grow holistically and develop the self-awareness, knowledge, and practices necessary to pursue healthy, purposeful, fulfilling lives.



SECTION 1: SELF-ASSESSMENTS AND SCREENINGS

A key aspect to promoting personal health and wellness is to develop self-awareness regarding your wellness-related habits and your current health status. The following assessments can assist with fostering greater self-awareness:



[Depression Self-Assessment](#)

Check your symptoms with this short self-assessment to find out if you might be depressed.

[Find Your Words](#)

Use the Find Your Words self-check tool to gauge feelings and learn what you can do to feel better.

[Mental Health Screening](#)

Online screening is one of the quickest and easiest ways to determine whether you are experiencing symptoms of a mental health condition.

[Mental Health Quiz](#)

Take the quiz and see if you can separate the myths from the facts.



SECTION 2: RESOURCES

GEORGIA TECH AND UNIVERSITY SYSTEM OF GEORGIA (USG)



Apps and podcasts

[Georgia Tech Counseling Center Podcast and App Recommendations](#)

These helpful podcasts and apps will inform and educate you on issues related to mental health and wellness.

[Kaiser Permanente Mental Health and Emotional Wellness Apps](#)

These wellness apps can help you navigate life's challenges and make small changes to improve your sleep, mood, relationships, and more.

[LiveHealth Online Psychiatry](#) (Anthem members)

See a psychiatrist online and on your schedule.

[LiveHealth Online Psychology](#) (Anthem members)

Talk face-to-face with a licensed therapist or psychologist on your smartphone, tablet, or computer with a webcam.



Connect

[Accolade – Personal Health Assistant](#)

You and your family can connect with a health assistant to help with any health or benefits question, big or small.

[Digital Coaching](#)

Digital coaching is an online experience for you to choose lifestyle topics that appeal to you, to work at your preferred pace.

[KEPRO – Employee Assistance Program \(EAP\) Provider](#)

EAP offers no cost, confidential counseling and work/life balance assistance to employees and their family members.

[Mental Health First Aid Trained Staff](#)

Find a Mental Health First Aid trained staff member on campus.

[USG Well-being Phone Coaching](#)

Connect to a coach for support in reducing stress.



Resources

[Addiction and Recovery Resources](#) (Kaiser Permanente members)

Whether you want to help yourself or someone else struggling with alcohol or drugs, you are not alone.

[Behavioral Health Resources](#) (Anthem members)

Behavioral health benefits are integrated into Anthem medical plans and tailored to you.

[Mental Health Resources](#) (Kaiser Permanente members)

Find care that supports your total health – mind, body, and spirit.

Resources for employees who work with students

[Counseling Center FAQ](#)

Learn more about the Georgia Tech Counseling Center services.

[Distressed Students Guide](#)

At times you may encounter students who are in crisis situations or who are under inordinate amounts of stress. Find out what to look for.

[Guide to Supporting Loss](#)

Refer to this guide for suggestions on facilitating discussions following an unexpected loss.



[The Hopeline Text Service](#)

Get sound advice and find a safe space to connect students and young adults in crisis. Text “MN” or “HopeLine” to 741741.

[Seize the Awkward](#)

Be empowered to get involved if you suspect a friend is experiencing mental health issues or may be at risk for suicide. Text “Seize” to 741741.



Seminars and workshops

[Be Well Series](#)

Be Well provides many wellness opportunities for employees to thrive.

[Fit to Thrive](#)

Fit to Thrive is a four-week virtual session designed to teach students, faculty, and staff how to incorporate the dimensions of well-being into their daily lives.

[Health Education and Nutrition Workshops](#)

Faculty and staff can request Health Initiatives to conduct a workshop for their department.

[Money Mondays](#)

On the last Monday of each month, employees can attend financial education workshops.



LOCAL



[Clayton County](#)

[Cobb County](#)

[DeKalb County](#)

[Emory University Psychological Center](#) (offers reduced-cost therapy and does not accept insurance)

[Fulton County](#)

[Georgia Crisis and Access Line \(GCAL\)](#)

- 800.715.4225
- Download the app to allow youth to call, text, or chat with GCAL 24/7/365.

[Georgia Department of Behavioral Health and Developmental Disabilities](#) (mental health for adults)

[Georgia Mental Health Consumer Network](#)

[Gwinnett County](#)

[Mental Health America of Georgia](#)

[State Mental Health Agency Locator Tool](#)



NATIONAL



[Anthem Social Services](#)

Find free and reduced-cost programs to assist with food, transportation, job training, and more.

[Archangels](#)

Free caregiver resources can be a tremendous help, and you can find what is available near you through Archangels, an organization that supports, recognizes, and honors caregivers.

[Caregiver Action Network](#)

For free guidance on managing the challenges of caregiving during Covid-19, contact the Caregiver Action Network help desk. Their care support team offers assistance and information via chat or email.

[Emotional Freedom Technique, The Tapping Solution](#)

Georgia Tech staff member Mitsuko Ito hosts tapping workshops. Learn more at tapping.ece.gatech.edu.

[ianacare](#)

Lean on your own community of friends, family, and contacts to coordinate daily caregiving tasks with the ianacare mobile app. You can use the app to create a private group who can support you in providing care for your loved one.



[MentalHealth.gov](#)

Learn the basics about mental health, what to look for, and how to get help.

[Mental Health First Aid Resources](#)

Find mental health resources and support groups.

[Mental Health America Resources for Employees](#)

Find more information about how to care for your own mental health when facing difficult challenges at work.

[National Alliance on Mental Illness](#)

Find information, advocates, and support to live a healthy and fulfilling life.

[PsychHub](#)

Navigate life's challenges with a mental health resource hub of videos, podcasts, and courses.

[Veterans Crisis Line](#)

24/7 confidential crisis support for veterans and their loved ones.



SECTION 3: ARTICLES AND TIPS

Mental illnesses are among the most common health conditions in the United States.

More than 50%

will be diagnosed with a mental illness or disorder at some point in their lifetime.

1 in 5 Americans

will experience a mental illness in a given year.

1 in 5 children,

either currently or at some point during their life, has had a seriously debilitating mental illness.

1 in 25 Americans

lives with a serious mental illness, such as schizophrenia, bipolar disorder, or major depression.

[Centers for Disease Control and Prevention](#)



WHEN TO SEEK PROFESSIONAL HELP

Seeking professional help doesn't have to be only when you are in distress. Seek professional help if you are experiencing severe or distressing symptoms that have lasted two weeks or more, such as:

- Difficulty sleeping
- Appetite changes that result in unwanted weight loss/gain
- Struggling to get out of bed in the morning because of mood
- Difficulty concentrating
- Loss of interest in things you usually find enjoyable
- Inability to perform usual daily functions and responsibilities

Don't wait until your symptoms are overwhelming. Talk about your concerns with your primary care provider, who can refer you to a mental health specialist if needed.

[National Institute of Mental Health](#)



ARTICLES



[Reducing Stress](#)

[Give Your Mind a Little TLC](#)

[11 Small but Important Ways to Take Care of Your Mental Health](#)

[Caring for Your Mental Health](#)



GLOSSARY

Anxiety – The fearful anticipation of further danger or problems, accompanied by an intense unpleasant feeling (dysphoria) or physical symptoms. Anxiety is not uncommon in children and adolescents.

Any mental illness – Having any mental, behavioral, or emotional disorder in the past year that meets Diagnostic and Statistical Manual of Mental Disorders IV (DSM-IV) criteria (excluding developmental disorders and substance use disorders). Mental illness can vary in impact, ranging from no impairment to mild, moderate, and even severe impairment.

Bipolar disorder – A type of mood disorder with marked changes in mood between extreme elation or happiness and severe depression.

Depression – A type of mood disorder characterized by low or irritable mood or loss of interest or pleasure in almost all activities over a period of time.

Mindfulness – A psychological state of moment-to-moment awareness of your current state without feeling inward judgment about your situation. Mindfulness can be achieved through practices that foster control and develop skills such as calmness and concentration.

Self-management – A collaborative, interactive, and ongoing process that involves educators and people with health problems. The educator provides program participants with the information, problem-solving skills, and tools they need to successfully manage their health problems, avoid complications, make informed decisions, and engage in healthy behaviors. These programs can be provided in person, over the phone, or online.

Credits: Developed by Georgia Tech Staff Council Health and Well-Being Committee