

GEORGIA COLLEGE



Mental Health Initiative

MENTAL HEALTH RESOURCE HANDBOOK

Your helpful guide to navigating mental
health options at Georgia College

TABLETTE OF CONTENTS

01

Crisis Resources

02

Individual Resources

04

Employee Resources

05

Additional Campus Resources

06

Community Resources

07

Training Resources

CRISIS RESOURCES

Mental Health Emergencies

Campus Resources

- **GC Counseling Services**
 - (478-445-5331);
 - www.gcsu.edu/counseling
- **Christie Campus**
 - (833-855-0085)
 - 24/7 support and crisis line
 - www.gcsu.edu/gcmentalhealth
- **CARE Team**
 - (478-445-RISK); www.gcsu.edu/care
 - 24/7 team who offers support and assistance to individuals on campus
- **GC Public Safety**
 - (478-445-4400)
 - <https://www.gcsu.edu/publicsafety>



Community Resources

- **River Edge Crisis Service Center**
(478-451-2797)
 - 60 Blandy Way, Milledgeville, GA
 - Provides inpatient psychiatric treatment 24/7
- **Atrium Navicent ER**
(478-776-4016)
 - 821 N Cobb St., Milledgeville, GA
 - Provides emergency psychiatric care
- **Georgia Crisis and Access Line (GCAL)**
(800-715-4225)
 - Access to a mental health professional 24/7 during a crisis
- **National Suicide Prevention Hotline**
(1-800-273-TALK)
 - Speak to a mental health professional 24/7
- **Crisis Text Line**
(741741)
 - Text-based access to a crisis counselor 24/7
- **Trevor Project Helpline**
 - Call, chat, or text to receive support for LGBTQ+
- **Veterans Crisis Line**
 - Access to qualified responders with the Department of Veterans Affairs



INDIVIDUAL RESOURCES

Campus-Based Treatment Resources:

- **Georgia College Counseling Services**

- Offers free counseling and psychiatric services.
- www.gcsu.edu/counseling
- (478) 445-5331; 2nd Floor Wellness & Rec Center

- **Christie Campus Health**

- Offers free counseling and psychiatric services, 24/7 support line
- www.gcsu.edu/gcmentalhealth

- **Student Assistance Plan**

- Free for members of the United Health student insurance plan
- <https://www.uhcsr.com>



Off-Campus Community Resources:

- **The Bright House**

- Provides free counseling, physical examination, and legal advocacy services for survivors of sexual assault
- (478) 250-8566
- 394 Broad St. Milledgeville, GA 31062
- www.scsac.org

- **Milledgeville VA Clinic**

- Free counseling for veterans
- (478) 414-4540
- 2249 Vinson Highway SE Milledgeville, GA 31061-4807
- www.va.gov/dublin-health-care/locations/milledgeville-va-clinic/



Georgia College and the University System of Georgia (USG) offer many options for students to receive free treatment through counseling, self-help programs, peer/community support, and more.

INDIVIDUAL RESOURCES



Self-Help Resources:

- **Headspace**
 - Mindfulness and meditation app subscription
- **TAO (Therapy Assistance Online) subscription**
 - For online interactive programs and therapy
 - www.gcsu.edu/counseling/tao
- **GCWellnessHub.com**
- **GC Counseling Resources**

Online Screening Tools

- **ULifeline**
 - Self Evaluator for Depression, Anxiety, Eating Disorders, and Alcohol and Substance Abuse
<http://www.ulifeline.org/GCSU/>
- **Echeckup To Go**
 - Personalized Feedback about your alcohol and cannabis use
 - Alcohol
 - Cannabis



EMPLOYEE RESOURCES



UNIVERSITY SYSTEM OF GEORGIA WELLNESS

Free resources and daily events for achieving well-being in various aspects of life as a part of the USG community

<https://www.usg.edu/well-being/>

EMPLOYEE ASSISTANCE PROGRAM (KEPRO)

(844)243-4440

Free 24/7/365 counseling for employees as well as legal and financial services
Code; USG cares

EMPLOYEES ALSO HAVE ACCESS TO:

[TAO online programs](#)

[Headspace mindfulness app subscription](#)

[GCWellnessHub.com](https://www.usg.edu/well-being/)

Mental health training resources (See Page 7)

ADDITIONAL CAMPUS RESOURCES

Georgia College has many offices on campus that support your academic success and provide personal growth opportunities.

Academic Support

Writing Center

A&S 256A

Email: writing.center@gcsu.edu

Instagram: gc_writingcenter

Learning Center

Ina Dillard Russell Library, 2nd floor

Email: learningcenter@gcsu.edu

Instagram: @gc_learningcenter

Academic Advising

Lanier Hall, 2nd floor

Email: advising@gcsu.edu

(478) 445-2361

Personal Support

Women's Center & LGBTQ+ Programs

The Hub at Blackbridge Hall

111. S. Clarke St.

Email: gcwomenscenter@gmail.com

Instagram: gcwomenscenter

Student Disability Center

109 Russell Library

Email: disability@gcsu.edu

(478) 445-5931

Cultural Center

The Hub at Blackbridge Hall

111. S. Clarke St.

Email: culturalcenter@gcsu.edu

Instagram: gc_cultural_center

COMMUNITY RESOURCES

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Free Peer Support in the Community

- **Alcoholics Anonymous**
 - Peer-led support groups for substance abuse
- **Narcotics Anonymous**
 - Peer-led support groups for substance abuse
- **Al-Anon**
 - Peer-led support group for the families and friends of substance abusers

Faith-Based Support in the Community

- **Fresh Hope for Mental Health Online Support Group Meetings**
 - A network of Christian mental health support groups for those who have a mental health diagnosis along with their loved ones
- **Stephen's Ministry**
 - United Methodist Church program that provides lay support for those coping with stressful situations
- **GriefShare**
 - A faith-based, structured program to assist individuals struggling with the death of someone in their lives offered at local churches
- **Care Ministry**
 - Northridge Christian Church program that pairs individuals with a "life-experience mentor who is willing to walk with you along the journey, providing care, comfort and guidance"
- **Celebrate Recovery**
 - A "Christ-centered, 12 step recovery program at Freedom Church for anyone struggling with hurt, pain or addiction of any kind."
- **Institute for Muslim Mental Health**
 - Offers educational, wellness, and mental health resources for the Muslim community

TRAINING RESOURCES

Online mental health training programs free for students and employees.

QPR

Training to help recognize signs of suicide risk, develop skills in starting conversations to direct at-risk people to resources. For information about training, reach out to ghealthpromo@gcsu.edu.

Mental Health First Aid

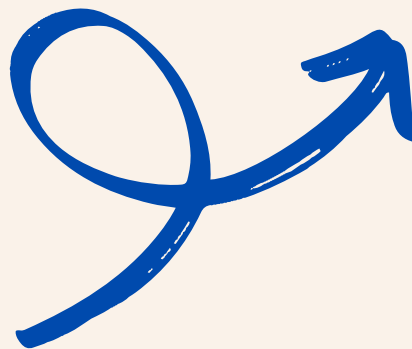
Training to help recognize signs of distress, illness, and develop skills in starting conversations to direct at-risk people to resources. For information about training, reach out to ghealthpromo@gcsu.edu.

Kognito

Online training and conversation simulator that lets you practice conversations with a virtual student, so you'll know what to say in real life. Available at <https://www.gcsu.edu/counseling/kognito-counseling-services>



Scan Me!



Designed by
Social Psychology and Wellness
(SPaW) Research Lab



GEORGIA COLLEGE MENTAL HEALTH INITIATIVE

Office of Health Promotion

Location: Wellness & Rec Center

Email: gchealthpromo@gcsu.edu

Phone: (478) 445- 1670

<https://www.gcsu.edu/health-promotion>