







# GC Faculty & Staff Mental Health Resources Checklist

-  **Mental Health Lookbook**  
Know how to access all on-& off-campus resources for GC
-  **Kognito Training**  
Learn how to have conversations that could save someone's life
-  **CARE Team**  
Know how and when to report a concern for a student, employee, or visitor
-  **Counseling Services**  
Be Aware of Location, Hours, Services, Crisis Assistance
-  **Christie Campus**  
Become Familiar with the types of services offered online for students

## MENTAL HEALTH RESOURCES

**Immediate Support 24/7/365** Are you feeling anxious, depressed, or stressed out, don't go through it alone. The 24/7 line offers immediate support, to help you manage your concerns. Call: [833-855-0085](tel:833-855-0085) to talk to a counselor today!

**Free meditation app: Headspace** Headspace is a FREE app that helps students deal with stress or negative thoughts through meditation. Go to: <https://work.headspace.com/usggeorgiacollege/member-enroll> to get started!

**No-Cost Counseling Services** You can schedule an appointment with a counselor through Telehealth or Face-to-face therapy. Call the 24/7 line: [833-855-0085](tel:833-855-0085) to arrange a therapy session that is best for you.

**SilverCloud** The self-guided online program from **SilverCloud** helps you manage stress, understand your emotions, and learn how to feel better overall. Register today at: <https://usgstudents.silvercloudhealth.com/>

**Help with mental health medication** You have access to an online prescribing clinic for evaluation and management of mental health medications. Call the 24/7 line: [833-855-0085](tel:833-855-0085) or contact the counseling center to access these services.

**Peer Support with Togetherall** **Togetherall** is a free online peer-to-peer platform, offering a safe, anonymous space to give and get support, just like social media! Get started on **Togetherall** today: <https://account.v2.togetherall.com/register/student>

**Mental Health Support Outside the US** Students have access to health support in over 200 countries! Learn more about all the available options here: <https://gcwellnesshub.com/access-help-wherever-you-are/>

For more information, go to:  
[www.gcwellnesshub.com](http://www.gcwellnesshub.com)

