Counseling Center Services
Objectives

Trends in mental health during COVID-19

Signs that someone is in mental health distress

Counseling Center Resources to assist students
Mental Health Trends in U.S.

Fall 2020 Survey of 200 students across the country

Chart 3: Which of the following mental or emotional health challenges have you experienced in the past month?

- Anxiety: 82%
- Social isolation or loneliness: 68%
- Depression: 63%
- Trouble concentrating: 62%
- Difficulty coping with stress in a healthy way: 60%
- Difficulty handling emotions: 51%
- Unhealthy social media use: 32%
- Lack of family stability or support at home: 25%
- Suicidal thoughts: 18%
- Self-harm: 14%
- Something else: 13%
- Substance use issues: 5%
- Harassment or bullying: 4%

For example, homelessness, ruminating thoughts, eating disorder and OCD, relationship distance/avoidance, mania, PTSD

The Jed Foundation
How do You Know if Someone is in Mental Health Distress?
REFERRAL IDENTIFIERS: Student distress may manifest in behavior or in the reaction the behavior elicits in others. If you notice any of the following behaviors, gently approach the student with your concern and encourage them to utilize the support systems Georgia State University has in place.

### BEHAVIORAL SYMPTOMS
- Noticeable change in behavior
- Social withdrawal
- Irresponsibility, lying
- Legal issues, fighting, difficulty with authority or peers
- Decrement in academic performance
- Substance use
- Change in hygiene or appearance

### EMOTIONAL SYMPTOMS
- Feeling out of control
- Mood Swings or reactions disproportionate to situation
- Excessive worry/fear
- Agitation/irritability
- Low self-esteem
- Lack of motivation
- Unshakeable sadness

### COGNITIVE SYMPTOMS
- Suicidal thoughts
- Poor concentration
- Confusion/difficulty making decisions
- Obsessive thoughts
- All-or-nothing thinking
- Negative self-talk
- Bizarre thoughts

### PHYSICAL SYMPTOMS
- Sleep difficulty
- Change in appetite and/or weight
- Shaking, trembling
- Fatigue, tiredness, weakness
- Gastrointestinal complaints, headaches

### REACTION IN OTHERS
- Feeling uncomfortable about student’s comments or behavior
- Concern about student’s ability to function
- Feeling alarmed or frightened

WHEN TO USE YOUR Georgia State University SUPPORT TEAMS

- Contact CC senior on call clinician for consultation: 404-413-1640
- Utilize same day appointment Services for crisis or to begin services
- After hours Counseling Center phone: 404-413-1640
- Call campus police: 404-413-3333 or 911 if violent or imminent danger

[BEWELL.GSU.EDU]
Campaign to help Students, staff, and faculty recognize and assist students in distress

know the five signs.
Reach out, connect, inspire hope, and offer help.

- personality changed?
- agitated?
- withdrawn?
- poor self-care?
- hopeless?

#ChangeMentalHealth

BEWELL.GSU.EDU
• **Question Persuade Refer (QPR) Training** - about 1 ½ hours

Next QPR Trainings:

• Wednesday Sept. 8th, 2021 from 4-5:30 p.m. register at [https://pin.gsu.edu/event/7127375](https://pin.gsu.edu/event/7127375) (50 slots available).

• Tuesday Sept. 28th, 2021 from 4-5:30 p.m. register at [https://pin.gsu.edu/event/7127376](https://pin.gsu.edu/event/7127376) (50 slots available).

• **Mental Health First Aid** - more intensive about 8 hours.

  By Request. Contact Dr. Chrisanne Mayer, Crisis Care Coordinator 404-413-1669.

Additional dates available by request:
Contact Dr. Chrisanne Mayer- Email: cmayer1@gsu.edu
Clinical Services

- The primary purpose of clinical services is to provide students with high quality, accessible, clinical services that assist the student to remain in school and facilitates their psychosocial and emotional development.
- Currently students are generally eligible for services but may be referred to other resources depending on students’ counseling needs.
Center Stats 2019-2020

There were 11,350 appointments at the Center this year. 1,491 were same day appointments.

- 92% of clients were satisfied with the services that they received
- 93% said that the services that they received helped them feel better and/or helped them to act more effectively.
- 91% said that counseling helped them learn skills that could help them deal with future challenges
- 92% said that they learned skills that will enhance their mental and/or physical health in ways that supports their achievement of their academic goals.
### Presenting Concerns at the Counseling Center

#### Which of the following would you say best matches the problem you are having?

<table>
<thead>
<tr>
<th>Concern</th>
<th>% of people</th>
</tr>
</thead>
<tbody>
<tr>
<td>Symptoms of stress, anxiety and depression</td>
<td>94%</td>
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<tr>
<td>College adjustment issues (such as homesickness, academic problems and long-distance relationships)</td>
<td>34%</td>
</tr>
<tr>
<td>Interpersonal concerns (such as lack of social support, social anxiety, feeling distant from others, and friendship difficulties)</td>
<td>66%</td>
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<tr>
<td>Bereavement and grief related to the loss of a loved one (such as relationship breakups, deaths, parental divorce, or other bereavement and grief related to the loss of a loved one (such as relations))</td>
<td>31%</td>
</tr>
<tr>
<td>Questions/Confusion about identity, self image, sexuality, gender or religious concerns.</td>
<td>27%</td>
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<tr>
<td>Concerns about body image, food, eating, or weight, as well as treatment for eating disorders.</td>
<td>33%</td>
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<tr>
<td>Experience with sexual assault, relationship violence, stalking, abuse or other trauma.</td>
<td>25%</td>
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<tr>
<td>Engaging in behaviors that can be harmful to you, like cutting or other forms of self injury.</td>
<td>10%</td>
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<tr>
<td>Concerns about your own or someone else's substance use.</td>
<td>13%</td>
</tr>
<tr>
<td>Difficulty managing and/or expressing emotions</td>
<td>68%</td>
</tr>
<tr>
<td>Concerns about relationship with significant other or family</td>
<td>49%</td>
</tr>
<tr>
<td>Concerns about mental stability</td>
<td>57%</td>
</tr>
</tbody>
</table>

#### How long have you been concerned about the issue you described?

<table>
<thead>
<tr>
<th>Duration</th>
<th>% of people</th>
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<tbody>
<tr>
<td>Less than a week</td>
<td>1%</td>
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<tr>
<td>1-2 weeks</td>
<td>2%</td>
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<tr>
<td>2-4 weeks</td>
<td>6%</td>
</tr>
<tr>
<td>1-3 months</td>
<td>12%</td>
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<tr>
<td>3-6 months</td>
<td>11%</td>
</tr>
<tr>
<td>6-12 months</td>
<td>11%</td>
</tr>
<tr>
<td>1-2 years</td>
<td>15%</td>
</tr>
<tr>
<td>More than 2 years</td>
<td>22%</td>
</tr>
<tr>
<td>As long as you can remember</td>
<td>23%</td>
</tr>
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</table>
Our Clinical Staff:

Multidisciplinary Team:

- Psychologists
- Psychiatrists
- Licensed clinical social workers
- Licensed professional counselors
- Postdoctoral psychology fellows
- Psychology doctoral interns
Georgia State University Counseling Center

404-413-1640
Mon, Thus, Fri: 8:30am to 5:15pm
Tues, Weds: 8:30am to 7pm
(except spring break, summer and holidays)
Eligibility: Currently enrolled student
Located in GA

Urgent Care & Crisis Support
✓ Call 24/7 if you are thinking about hurting or killing yourself
✓ Call 24/7 if you are worried about another student hurting or killing themselves

Drop-In Consultations
✓ Need to talk today? Call us!
✓ Same day Care Consultations
✓ Same day intake appointments
✓ Follow-up recommendations based on your needs

Individual & Couples Counseling
✓ For students with a variety of concerns
✓ Solution focused, limited sessions
✓ Sessions are primarily every 2 weeks
✓ Remote and in-person sessions

Client Advocacy
✓ Assist with connecting to community resources
✓ Housing, food, healthcare
✓ Referrals to specialty treatment

Group Counseling
✓ Coping Skills
✓ LGBTQ Support
✓ African American Women's Support
✓ Graduate Student Support
✓ Topics may change

Psychiatry
✓ Must be in counseling at the Counseling Center or Psychology Clinic
✓ Stimulants are not prescribed without a psychological evaluation and diagnosis

Wellness Programming
✓ BeWellPanthers on YouTube & Instagram
✓ BeWell.GSU.edu online magazine
✓ Contact BeWellProgramming@gsu.edu

Stress-Less Tech
✓ Brain EKG to increase concentration
✓ VR to recharge, focus, play, relax
✓ Vibroacoustic Therapy chair to promote relaxation and relief from physical pain

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What’s New?
The Counseling, Assessment, Resources, and Education (CARE) Center- Dahlberg Hall Suite 207

- Where students initiate services. Call 404-413-1640 for appointment
- Virtual appointments available
- Brief Consultations, Referrals and Therapy- up to 4 sessions
- Stress Less Technology
- Client Advocacy
- Crisis Support
- Groups
- Workshops
The Initial Consultation (IC):

- IC’s are brief consultation sessions (30-40 minutes) designed to:
  - Assess Risk for Harm to Self or Other
  - Get an overall picture of the student’s presenting concerns
  - Make referrals for appropriate level of care

The counselor conducting the IC must basically gain a snapshot of current distress/reason for seeking services, provide psycho-education regarding what to expect / how counseling and other services work at CC and to start the rapport building process. The counselor also assesses basic risk/severity/for harm to self or other.

Call 404-413-1640 to initiate services

PRIVATE SPACE AND EQUIPMENT FOR VIRTUAL SESSIONS AT DAHLBERG HALL CARE CENTER, Suite 207
Counseling Center - 75 Piedmont Suite 200A

- After referral from Care Center: Counseling up to 8 sessions
- Psychiatry
- Relaxation Room
- Group
- SUURP
- CHOICES
- Student Health Promotion
- Student Victim Assistance
After Hours on Call Process

- Call the campus police 3-3333.
- Call the Counseling Center on-call phone 404-413-1640.
- We have counselors on call every night 365 days per year.
- We are here to support you.

*For Student Victim Assistance please call 404-413-1965
Tips to Help us Help You

- Try to remain calm (this may also help the student to calm down)
- Tell us the situation and what you are seeing (is the room disheveled, weapons, etc.) and what the student is saying (verbatim if possible).
- Tell us if the person has threatened to harm themselves or another.
- Who has been contacted: police?, family?, ODOS?, etc.
- Tell us if the student is injured or bleeding.
- Are they or have they been aggressive?
- Have they taken any drugs or seem to be under the influence of a substance.
- Do they seem to be responding to voices or seeing things others do not, see?
Wellness Events & Presentations by Request
Sample Wellness Presentation Topics

- Overview of Counseling Center Services
- Adjusting to Virtual Learning
- Coping with the COVID-19 pandemic
- Stress Management
- Time Management and Study Skills
- Mental Health 101
- Conflict Resolution
- Suicide Prevention and Awareness
- Diversity Awareness
- Trauma/Sexual Assault
- Alcohol/Drug Education & Awareness
- Relationships & Communication
- Disordered Eating & Body Image concerns
- The Imposter Phenomenon
- Overcoming Culture Shock
@BeWellGSU is now @BeWellPanthers

STUDENT HEALTH & WELLNESS:
- Counseling Center
- Student Health Clinic
- Student Health Promotion
- Student Victim Assistance
- Student Nutrition Services
- Student Recreation Center
- Testing Center
- Access & Accommodations Center

The support you need to succeed at Georgia State
• Panthers connected with online wellness opportunities over 100,000 times this year.
• Follow #BeWellPanthers for the latest information
Need a safe place to talk?

Did you know that as a student at Georgia State University you have FREE access to a safe and anonymous online peer-to-peer community to get support when you are feeling low?

Togetherall is easy to access & available 24/7.

“On good days I can support others. On bad days, when I need supporting, I can find information to understand how to deal with it.”

#TogetherAllGSU

Visit Togetherall.com for FREE mental health support.

Or scan here to join Togetherall today.

Get support. Take control. Feel better.
More Online Resources

• Free Mindwise Behavioral Health Screening
  https://screening.mentalhealthscreening.org/gsu

• Monthly Virtual Wellness Programs Newsletter
  https://counselingcenter.gsu.edu/services/online-resources/

• Kognito animated training that simulates you speaking with a student in distress. It teaches you how to respond to students in ways that are helpful to them.

• Coming soon Driven- app to help support student wellness
<table>
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<tr>
<th><strong>24/7 Support Line and Referrals for treatment</strong></th>
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</thead>
<tbody>
<tr>
<td>• Provides immediate access to licensed mental health clinicians to deliver in-the-moment support including crisis support</td>
</tr>
<tr>
<td>• Access line for students to receive a referral to a Christie Campus Health Network Provider</td>
</tr>
<tr>
<td>Students or Counseling staff should call: <strong>833-874-0014</strong> to access 24/7 support services or referrals to a therapy provider</td>
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<tr>
<th><strong>ICare internet based cognitive behavioral training</strong></th>
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<tbody>
<tr>
<td>• Self-guided Internet-based cognitive behavioral training (ICBT) developed specifically for college students</td>
</tr>
<tr>
<td>• 8 sessions completed on a student’s own schedule</td>
</tr>
<tr>
<td>• Supported by CONNECT Navigators</td>
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<tr>
<td>iCare is accessed through a Christie Campus Health Navigator. Referrals to iCare can be made by calling <strong>866-639-3938</strong> or via email: <a href="mailto:Navigator@christiecampus.com">Navigator@christiecampus.com</a></td>
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<tr>
<th><strong>Christie Campus Health Navigators</strong></th>
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<tbody>
<tr>
<td>• Provide care coordination and referral assistance</td>
</tr>
<tr>
<td>• Follow up and track student referrals and access to care</td>
</tr>
<tr>
<td>• Provide access and support to iCare program</td>
</tr>
<tr>
<td>Counseling Staff can access a Navigator by calling: <strong>866-639-3938</strong> or via email: <a href="mailto:Navigator@christiecampus.com">Navigator@christiecampus.com</a></td>
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<tr>
<th><strong>Virtual Psychiatric Prescribing Clinics</strong></th>
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<tr>
<td>Mental Health APRNs supervised by MDs will be available to see students via telemed visits at the following schedule:</td>
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<tr>
<td><strong>Hours:</strong> Monday through Friday 11AM – 7PM EST and Saturdays 9AM – 3PM EST</td>
</tr>
<tr>
<td>To schedule an appointment for a student call: <strong>888-202-5295</strong> during the above hours.</td>
</tr>
</tbody>
</table>
Responding to Students to Cultivate Success
Please Complete A Survey

Counselingcenter.gsu.edu/surveys
Survey Name: Virtual Outreach Evaluation
Name of Presentation: CC Services
Speaker Name: Chrisanne Mayer

Thank You