

Check Up From The Neck Up Week

A Week Focusing on Removing the Stigma around Mental Health

All Week

Mental Health Screenings

Visit wcu.caresforyou.org to complete a mental health screening through a secure website. Questionnaires can be submitted anonymously. You will receive a personal message response back from a WCU counselor and can exchange online chats as well to discuss possible recommendations.

Register on
RamConnect



Sept. 8th

Fresh Check Day

8am-9pm

Participate in variety of booths through zoom and social media all day to check-in on mental health and win prizes such as an Amazon Fire 7, gift cards, and a WCU sweatshirt blanket!

Sept. 9th

Wellness Wednesday

Follow @wcuwellnesspromotion and @wcupacampusrec on Instagram all day for various activities and information to learn more about how physical wellness can support your mental health.

Sept. 10th

Pandemic Relationships

10am

Join Dr. Stephanie Sibley from the Counseling Center for a workshop focusing on relationships during the COVID-19 pandemic and how to grow closer in a socially distant world.

Sept. 10th

Muddy Puddles Play Date

12pm

Join Muddy and Director of the Counseling Center, Dr. Rachel Daltry, for a dog therapy play date and conversation around mental health. Play date is on Instagram Live @wcudogtherapy.

#CheckUpFromTheNeckUp
#FreshCheckDayWCUPA

Counseling Center | Wellness Promotion
For more information, email wellness@wcupa.edu.

WeCU
STUDENT
AFFAIRS

