



OPEN EYES, OPEN HEARTS  
MENTAL HEALTH AWARENESS

**Counseling Session – NO APPOINTMENT NECESSARY**

**NEW!** This semester, students can walk in during open “triage” hours (see below) and have a **brief (15 – 20 min.) session** with a psychologist to determine their level of need.

During the first week of the semester, students can call or walk in at **any time** and expect a minimal wait. Beyond that, official posted Triage hours will go into effect.

**Mondays – 1 – 3 pm**

**Tuesdays – 1 – 3 pm**

**Wednesdays – 9 – 11 am**

**Thursdays – 1 – 3 pm**

**Fridays – 10 – 11 am**

**All students must arrive *at least 15 minutes early* to complete necessary paperwork!**

**Active Minds will hold weekly meetings Mondays at 11am in Sykes 251(except on Sept 19th and Oct 3rd will be in room 257).**

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Links to WCU’s Threat Assessment Crisis Resources and Response page for assistance and/or intervention for a student in crisis

<http://www.wcupa.edu/dps/identifyingstudents.asp>

<http://www.wcupa.edu/dps/assistanceintervention.asp>

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**DEPRESSION-** Learn from ME about teen depression. The ME Project: encouraging, supporting, and educating teens, their families, and the community about mental health issues. Resource center located in Ridge Village Shopping Center, Suite #21, Chadds Ford. [www.meproject.org](http://www.meproject.org).

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◆ **Every Thurs.** — The Depression and Bipolar Alliance - 6:30- 7:30 pm at the Peer Support Center, 825 Paoli Pike, West Chester. For more info call 610-429-1702.

**\*\*DOUBLE TROUBLE – Consumer support group for those recovering from addiction and mental**

**health problems.** Meets every **Tue. & Thu.**- 3:30pm - 5:00pm at Community Crossroads Peer Support Center, 825 Paoli Pike, West Chester. John at: 610-429-1702 or email [community.crossroads@hhinc.org](mailto:community.crossroads@hhinc.org).

### **FREE Suicide Prevention Training**

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#### **QPR**

**(Question, Persuade, Refer)**

*Three words that may save a life*

Available for schools, first responders,  
businesses, churches, community groups,  
and other interested stakeholders from the Chester County.

Suicide Prevention Task Force

Contact the Task Force to find out about the trainings or how  
to become involved with the group, which meets the 2nd Wednesday of the  
month from 3:30-5:00 pm.

Call Gina Buckman at 610-344-6265

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### **FEBRUARY**

#### **LGBT: Three Critical Issues to Consider in 2012 Webinar**

**Wednesday, February 15<sup>th</sup> 2:00 p.m.**

**Sykes Student Union**

This webinar will delve into three critical concerns brought to light by the 2010 Higher Education for the LGBT Population Report. One of the issues to be discussed is emotional mental health and safety.

#### **How to Love Your Body Through Thick and Thin**

**February 17<sup>th</sup> 7:30 – 9:30 p.m.**

**Main Hall Auditorium - Room 168**

Author (Body Outlaws: Rewriting the Rules of Beauty and Body Image) Ophira Edut will address questions about health body image and the challenges we are up against when it comes to loving our bodies.

#### **Self-Care and Balance: How to Do You (and everything else too!)**

**Monday, February 20<sup>th</sup>**

**2:15 - 3:15**

**Sykes – Room #210**

FREE – no registration required

Come together with peers to discuss finding balance, rediscover what makes you happy, and learn how to juggle school, work, home and relationships while maximizing your peace of mind.

\*this is one of three workshops sponsored by the WCU Counseling Center

Contact [mgiegerich@wcupa.edu](mailto:mgiegerich@wcupa.edu) or (610)436-2301 for more information

**11th Annual ADHD Conference**

*For Parents, Teachers, Professionals and Adults with ADHD*

**ADHD AT HOME, AT WORK, AND IN THE CLASSROOM**

Sponsored by Chester County/Main Line CHADD  
and West Chester University of Pa

**Saturday, February 25, 2012**

**9:00 a.m. – 1:00 p.m.**

**Sykes Student Union**

For more information please contact Sheila Grant at [Sheila661@aol.com](mailto:Sheila661@aol.com) or 610-429-1254

**Change the Way You See, Not the Way You Look**

Eating Disorders Awareness Week

**February 27, 2012-March 2, 2012**

**Eating Disorders Awareness Week Information Table**

**Monday, February 27**

**10:00am-4:00pm, Sykes Student Union**

Visit the **Sister to Sister** table for information about body image and eating disorders, buy a t-shirt, and pick up a calendar of events for the week!

**Miss Representation**

**Monday, February 27**

**7:30pm-9:00pm, Main Hall 168**

Like drawing back a curtain to let in a bright stream of light, *Miss Representation* is a film that uncovers a glaring reality we live with every day but fail to see. This movie exposes the media's *misrepresentation* of women and girls, which overwhelmingly shows that a woman's value and power lie in her youth, beauty, and sexuality and not in our intellectual abilities. Incorporating stories from teenage girls and provocative interviews with politicians, journalists, entertainers, activists and academics, this film will leave you shaken and armed with a new perspective. Tweet with others during the movie! Free popcorn! See the trailer at [www.missrepresentation.org](http://www.missrepresentation.org)

**Changing the Culture Lecture**  
**Monday, February 27**  
**3:30 -5:00 Sykes Theater**  
**Dr. Ann Keefer**

Come here Dr. Keefer talk about her own search for disability stories that inspire.

**Mirror, Mirror on the Wall**  
**Tuesday, February 28**  
**6:00pm-7:00pm, Sykes 209**

People often look to the media for confirmation of how to look, act, and behave. Yet, the desire to emulate unrealistic ideals can lead to feeling bad about ourselves and negative perceptions about our bodies. We want to shatter the unrealistic images in the media and write our own positive body image reality. Come join **Sisters United** in a discussion about your true reflection not society's reflection of you.

**Lunch + Learn=FREE Pizza**  
**Wednesday, February 29**  
**Noon-1:00pm, Sykes Ballroom C**

Kate Cipriano, Melissa Hays, and Elisabeth Kalogris are three local women who are passionate about improving body image and self-esteem. Enjoy free pizza while learning about their use of the arts to raise awareness and respect for body image issues and body diversity.

**National Assoc of Anorexia Nervosa and Associated Disorders (ANAD) Candlelight Vigil**  
**Wednesday, February 29**  
**7:00pm-8:00pm, Sykes Common Grounds**

The sisters of **Delta Phi Epsilon** invite you to join them in their annual candlelight vigil. Come listen to speakers talk about recovery from eating disorders and musical acts. There will be an open mic for the audience to join in the conversation with any experiences around eating disorders and body image.

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**MARCH**

**Monday, March 5**  
**3:30–5:00 p.m. Sykes Theater**

Student panel will provide a very different viewpoint on students with disabilities. Learn all about disabilities from the eyes and experience of your peers!

### **Managing Emotions**

Monday, March 5<sup>th</sup>

Sykes Rm 210

Free- No registration required.

On an emotional roller coaster? Struggling to deal with intense feelings? Come together with your peers to learn how to identify your feelings and emotional triggers. Develop new coping skills and work towards feeling your best.

\*more workshops to be announced for April and May

### **Speaking Up About Peer Sexual Harassment**

Thursday, March 8, 12:30 p.m.

The Women's Center, 220 Lawrence Center

This workshop will present a discussion of student-to-student sexual harassment and how to address it on campus.

### **Film Viewing: Prozac Nation**

Monday, March 19<sup>th</sup>

Sykes Theater

6:00 p.m.

FREE

Christina Ricci stars as real life author Elizabeth Wurtzel who is granted a scholarship to attend Harvard. But for Lizzie, with college comes anxiety, depression, and lots of trouble. Join WCU Office of Wellness Education and the WCU Department of Counseling and Psychological Services for a free viewing of this movie and discussion about how you can improve your mental health and help reduce the stigma of mental illness on campus.

For more information contact Carol Fritz at [CF716022@wcupa.edu](mailto:CF716022@wcupa.edu)

### **REAL Conversations: It's Dark, Lonely But Safe in the Closet: Why Can't I Just Be Me and Come Out?**

Tuesday, March 20<sup>th</sup> 6:45 p.m.

Allegheny Hall Theater

Join members of the Residence Life staff for a candid conversation about being LGBTQ. A themed dinner will be served. Register with Marcus Harrison @610-430-4040 at [mharrison@wcpa.edu](mailto:mharrison@wcpa.edu)

**More Than A Few Good Men: American Manhood and Violence Against Women**

**Monday, March 26, 7:00 p.m.**

**Emilie K. Asplundh Concert Hall**

This provocative presentation will discuss rape, sexual harassment, abuse in college dating and other forms of gender-based discrimination and violence. This is NOT the typical lecture about men behaving badly; instead, Jackson Katz combines irreverent humor with unpleasant reality to inspire men and women to confront one of the most serious problems facing college students today: men's violence against women.

**Improving Relationships: Drama free at WC!**

Monday, March 26<sup>th</sup>

Sykes Rm 254

2:15-3:15

Learn about interpersonal problem solving and practice resolving conflict with others in healthy and productive ways.

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**APRIL**

**WCU CHANGING THE CULTURE LECTURE SERIES**

**Monday, April 2**

3:30-5:00 p.m.

Sykes Theater

Come hear AJ Nanayakkara, renowned expert in adapted recreation and rehabilitation, USA Quad Rugby Team member and founder of Global Abilities which helps integrate disabled individuals in the developing world into their communities. AJ uses his journey out of the darkness to illustrate that, no matter our disabilities, we all have the tools within ourselves to lead rich, joyful lives.

**REAL CONVERSATIONS: Are you Comfortable With the Skin You Are In?**

**Allegheny Hall Theater**

**Tuesday, April 17<sup>th</sup> 6:45 p.m.**

Join members of the Residence Life staff for a candid conversation about your own comfort level with the skin you are in. A themed dinner will be served. Register with Marcus Harrison @610-430-4040 at [mharrison@wcpa.edu](mailto:mharrison@wcpa.edu)

**Walk to Save Lives: Out of the Darkness**  
**SYKES STUDENT UNION BUILDING**  
**SATURDAY, APRIL 21, 2012**  
**10:00 a.m.**

Check-in /walk up registration at 9:30 a.m.  
No registration fee !  
No minimum donation to walk !  
For more information: contact [kpawlowski@wcupa.edu](mailto:kpawlowski@wcupa.edu)

**1,100 FLAGS**  
**The Academic Quad**  
**APRIL 23<sup>rd</sup>**  
**10:00 – 5:00**

Active Minds will display 1,100 Flags in the quad to represent the 1,100 Students who lose their lives to suicide each year. Stop by and show your support and learn how you can help spread awareness about suicide prevention.

**LivLive Concert**  
**Sykes Common Area – FREE**  
**APRIL 26<sup>th</sup> 6:00 – 8:00 p.m.**

**Active Minds will sponsor another LivLive Concert in partnership with the Suicide Prevention Task Force of Chester County to help raise awareness about suicide and mental health. Local students will perform acoustic music and we also have speakers, poetry reading, and others who are affected by mental health who will share their stories. We have raffle prizes for local restaurants to raise funds to go to the SPTF. Please plan to stop by and show your support.**