



THE STALL SEAT JOURNAL

Fall 2026 | Edition 1

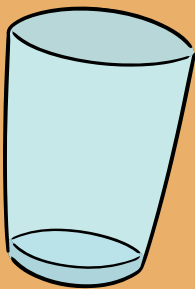
WELCOME TO THE FAMILY!



REMEMBER: CUPS

Knowing the signs of alcohol poisoning can save a life:

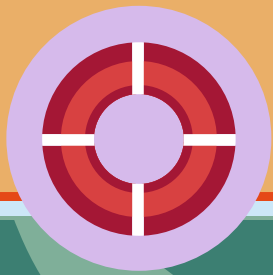
- C** - Cold, clammy, or blueish skin
- U** - Unconsciousness or unable to awaken
- P** - Puking while passed out/uncontrollably
- S** - Slow, shallow, or irregular breathing



DID YOU KNOW?

The WCU medical amnesty policy encourages students to seek emergency medical assistance in situations that are possibly life-threatening due to alcohol or drug use without fear of university conduct violations for alcohol or drug use.

To learn more about campus policies regarding substance use, scan the QR code at the bottom of Stall Seat.



Reminder

The **Live Well: Choose Before You Use** campaign is back for the fall semester!

Keep an eye out for our posters, yard signs, & Instagram posts. On-campus events with free penguin merch coming soon!



The Best Type of Spirit is School Spirit



WCU students choosing not to drink still have vibrant social lives.

NEED SUPPORT? SCAN FOR MENTAL HEALTH RESOURCE CARD:



IT'S OKAY TO NOT BE OKAY

Transition and new experiences can be difficult. Don't be afraid to ask for help! According to the National Institutes of Health, there are warning signs of depression that indicate you or a friend may benefit from additional support:

- Loss of interest in hobbies and activities
- Fatigue, lack of energy, or feeling slowed down
- Difficulty concentrating or remembering
- Difficulty sleeping or waking
- Persistent sadness or anxiety
- Feelings of hopelessness
- Feelings of irritability or restlessness
- Feelings of worthlessness or helplessness

HOW TO HELP A FRIEND WHO MAY BE SUICIDAL

Asking about suicidal thoughts is highly unlikely to give the person the idea. If someone is showing warning signs of being suicidal, they have, in all likelihood, already thought about it.

Warning signs include things like: aggressive or impulsive behavior; making a suicide plan; giving away belongings; saying goodbye to friends and family.



Be direct.



Do not attempt to argue anyone out of suicide.



Encourage professional help.

- Dial 911 if immediate assistance is needed, particularly if you feel the person has already taken action (e.g., swallowed pills) or may do so without quick intervention.
- Call or text the National Suicide Prevention Lifeline at 988.
- Do not leave the person alone if they are in immediate danger.

Want to learn more about how to help a friend? Visit asklistenrefer.org and click on West Chester!

Rammy Riddler

How do bees get to school?



By taking the school buzz.



Scan for sources and additional information:



YOU'VE GOT A FRIEND IN ME

The fall semester is a great opportunity to make new connections and enhance existing friendships. If you're struggling to find where to start, consider:



Get involved and show up consistently. Join student organizations, attend campus events (check out *RamConnect*), participate in study groups, or get a campus job. Repeated interactions help friendships form naturally.



Look for common interests. Shared hobbies, classes, goals, values, or experiences can make it easier to start conversations and build connections.



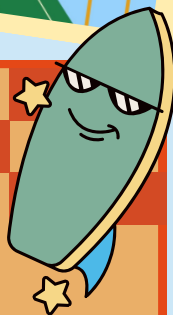
Take the first step. Introduce yourself, invite someone to grab coffee, ask a classmate to study together, or sit with someone new at an event. *You are not the only student also looking for friends!*



Focus on building connections, not finding the "perfect" friend. Friendships often grow from positive shared experiences over time rather than instant chemistry.



Be patient and keep reaching out. Strong friendships rarely happen overnight. Consistency, follow-up, and spending time together are key to turning acquaintances into friends.



**LIVE WELL
LEARN WELL**
WCU Health & Wellness
Wellness Promotion



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