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.

Fresh Check Day
8am-9pm
Sept. 8th
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!

Wellness Wednesday
Sept. 9th
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.

Pandemic Relationships
10am
Sept. 10th
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.

Muddy Puddles Play Date
12pm
Sept. 10th
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.