

Check Up From The Neck Up Week! September 15-21

A WEEK FOCUSED ON THE IMPORTANCE OF MENTAL HEALTH

Co-sponsored by Counseling Center and Wellness Promotion

Monday, Sept. 15

PEACEFUL PAUSE

Stop by for coloring,
massagers, snacks, and a
chance to relax!



3:30 pm - 5 pm,
Student Health,
Ground Floor of
Commonwealth
Hall (entrance
facing Lawrence)

Tuesday, Sept. 16

CHECK UP FROM THE NECK UP: MENTAL HEALTH SCREENINGS

Take a brief screening, review it with
a counselor, and get a t-shirt!
11 am - 1 pm, Sykes Ballrooms

To register:



GROUP COACHING:

NAVIGATING NEW BEGINNINGS

Meet with a small group of
peers to goal-set about the
new semester.

3 - 3:45 pm, Student Health,
Commonwealth Hall

Wednesday, Sept. 17

MIND TO MIND Mental Health Fair

Participate in activities and get
some giveaways in a welcoming
space to talk about mental health.

1 - 3 pm, Academic Quad
(rain location: Ehinger Gym)

Thursday, Sept. 18

POP UP WITH THE PEERS

Create Your Own Calm Kit! Fill your
kit with de-stress items like tea
bags, stickers, fidget toys, and
more. Decorate your bag before
filling, and participate in a raffle!

6 pm - 8 pm, Sykes Ballroom A

Friday, Sept. 19

DINE & DISCUSS

Engage in a conversation card
game as part of the Humanity and
Resilience Project's mission to
increase connection and belonging.

11 am - 1 pm, Commons Dining
Hall, SECC

Sunday, Sept. 21

RAMS LET'S WALK To register:

5k run/walk to support
student-athlete mental
health initiatives.

9 am, 700 S. Church St.

Hosted by WCU Athletics

