

# SPRING INTO MAY

With updates from CMHS!

## - MAY 2026 NEWSLETTER -

[WCUPA.EDU/CMHS](http://WCUPA.EDU/CMHS)



610-436-2510  
[CMHS@WCUPA.EDU](mailto:CMHS@WCUPA.EDU)

### ANNOUNCEMENTS

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CMHS will be closed for the university's summer 1 break from May 9<sup>th</sup> to May 23<sup>rd</sup>. We will re-open Monday, May 24<sup>th</sup> at 12PM.



### ARTICLE SPOTLIGHT

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The American Psychiatric Association released an article "Schools Out! Tips For Taking Advantage of Summer Break to De-Stress from the Hustle and Bustle of the School Year" with helpful tips for managing your mental health over the Summer to avoid burnout!

 READ MORE



### MENTAL HEALTH TIP!

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Journaling or even just talking to a trusted friend or person can be useful in maintaining overall mental health serving as an outlet or release to avoid overwhelm and tough feelings from building up.



## STAFF SPOTLIGHT

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### Meet Laura:

**About Laura:** Laura is a second year student in the PsyD program and holds her bachelor's degree in Psychology with minors in Neuroscience and Spanish from the University of Delaware. She is interested in working with adolescents and adults with a variety of mental health concerns including anxiety and mood disorders, trauma and stressor-related disorders, ADHD, as well as struggles with identity and self-esteem. Currently, Laura's research interests focus on the neurobiological correlates of psychopathology and applying their impacts on well-being to inform our understanding of mental health and build holistic treatments for clients. In her sessions, Laura adopts a collaborative therapeutic approach where clients feel safe and emboldened to achieve their individual goals.

## GET CONNECTED

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**Community Mental Health Services  
at West Chester University**



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