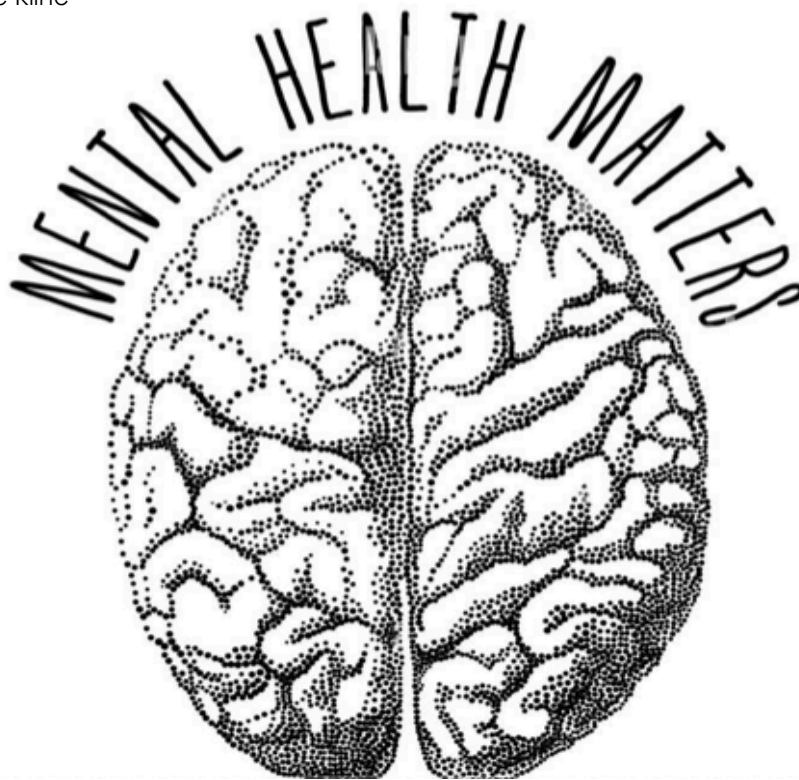


COMMUNITY MENTAL HEALTH SERVICES

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by Sophia Weiner &
Natalie Kline



OUR SERVICES

We offer a variety of treatments and strategies in the form of weekly psychotherapy sessions to address various mental health concerns including:

- Cognitive-Behavioral Therapy
- Interpersonal Psychotherapy
- Meditation/Mindfulness
- Psychodynamic Psychotherapy
- Relaxation Training

Psychological Testing and School Admissions Testing:

- Cognitive Assessments for Independent School Admissions
- Learning Disability Evaluations
- Intelligence Testing
- Neurodevelopmental Disorder Evaluations (e.g., ADHD)
- Mood and Personality Assessments

Address:

Wayne Hall, 8th Floor
125 West Rosedale Avenue
West Chester, PA 19383



Phone: 610-436-2510
Fax: 610-436-2929
Email: cmhs@wcupa.edu

WHO WE ARE

- We are a training clinic for students in the Clinical Psychology Doctoral program. All services are provided by the doctoral students in training who are supervised by licensed clinical psychologists. Our aim is to provide low-cost services to individuals from the community.

MENTAL HEALTH TOPIC

New Year's
Resolutions for Better
Mental Health

COPING SKILL

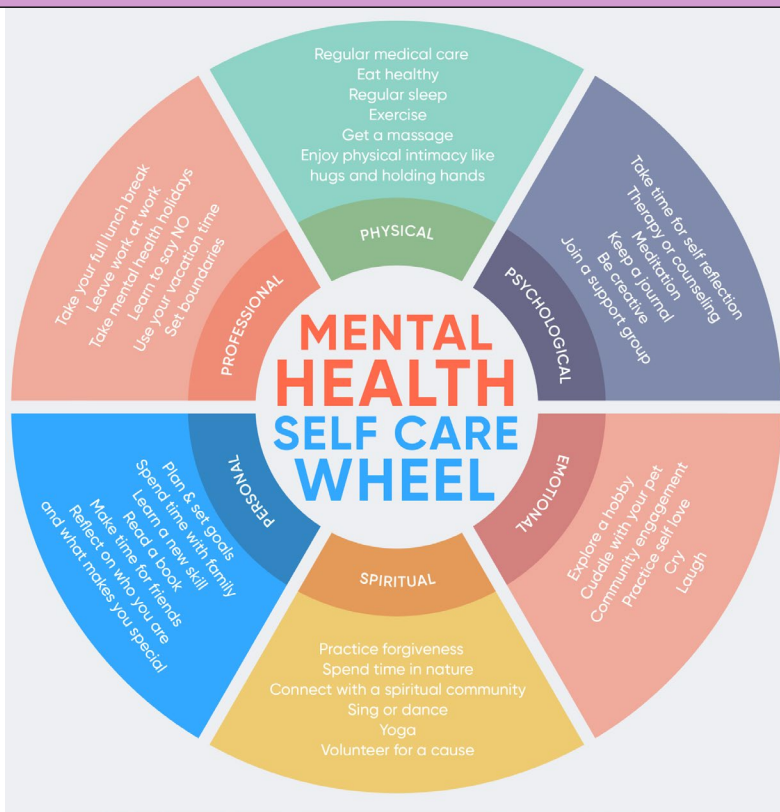
Making a Mental
Wellness Plan

MENTAL HEALTH TOPIC AND COPING SKILL: AUTHOR: SOPHIA WEINER, BA

Did you know that January is Mental Wellness Month? As defined by Sheri Dawson, director of the Division of Behavioral Health at the Nebraska Department of Health and Human Services, mental wellness refers to the idea of "being able to cope effectively with the difficulties of life, having an awareness of your own abilities and opportunities, and having healthy relationships with yourself and others."²

The start of a new year is often a time in which individuals feel pressured to set unattainable or overly challenging resolutions for themselves that end up making them feel worse when they are unable to be achieved. However, it has been shown that making smaller, more feasible, and more meaningful goals for yourself, that prioritize facets of mental wellness, can improve your mental health significantly. This includes activities like learning a new skill, practicing gratitude, prioritizing sleep, or reaching out to others for support.¹

Think about the ways in which you'd like to make your mental wellness a priority this year and develop your own mental wellness plan. Write down your goals, plan out how you can implement them, and remember to be patient and kind to yourself as you begin this new year.



3

RESOURCES:

- <https://www.nami.org/Blogs/NAMI-Blog/January-2023/Mental-Health-Resolutions-for-the-New-Year>
- <https://www.mhanational.org/sites/default/files/Poster%20-%2031%20Ways%20to%20Work%20on%20Your%20Wellness.pdf>
- <https://adaa.org/learn-from-us/from-the-experts/blog-posts/consumer-professional/setting-new-years-resolutions-3>

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2. *January is mental wellness month*. January is Mental Wellness Month. (2022, January 24). Retrieved January 4, 2023, from <https://dhhs.ne.gov/Pages/January-is-Mental-Wellness-Month-01242022.aspx>
3. Wooll, M. (2021, September 8). *Emotional health examples (what you need to know)*. Emotional Health Examples (What You Need to Know). Retrieved January 5, 2023, from <https://www.betterup.com/blog/emotional-health-examples>