

**JULY IS
BIPOC
MENTAL
HEALTH
MONTH**

**WCU Community
Mental Health
Services**

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

- 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

- Trauma Informed Therapy
- Cognitive-Behavioral Therapy
- Interpersonal Psychotherapy
 - Meditation/Mindfulness
- Psychodynamic Psychotherapy
- Relaxation Training Psychological
 - Motivational Interviewing
 - Person-Centered Therapy

WHAT WE OFFER:

Child Psychotherapy (6-17yo)

Adult Psychotherapy
(18 & older)

Group therapy



**Address &
Contact Info:**

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125 West Rosedale Avenue
West Chester, PA 19383

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July is Bebe Moore Campbell National BIPOC Mental Health Month

In 2008, Congress passed a resolution that established the month of July as Bebe Moore Campbell **National BIPOC Mental Health Awareness Month** to bring awareness to the unique struggles that underrepresented groups face in regard to mental illness in the US. Bebe Moore Campbell was committed to creating safe spaces for people in communities of color to connect with others who share similar experiences and cultural backgrounds.



Black, Indigenous, and people of color (BIPOC) populations are faced with historical trauma and structural inequalities that can impact mental health and wellbeing. This month highlights that **culture, community, and connection** are pillars that support and uplift BIPOC individuals in the face of oppression and systemic racism.

References:

<https://www.mhanational.org/bipoc/mental-health-month>

<https://www.congress.gov/bill/110th-congress/house-concurrent-resolution/134/text>

<https://www.minorityhealth.hhs.gov/minority-mental-health/>