

SPRING INTO APRIL

With updates from CMHS!

- APRIL 2026 NEWSLETTER -

WCUPA.EDU/CMHS



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WHO WE ARE

Community Mental Health Services (CMHS) at West Chester University is a community mental health clinic located on WCU's campus. Learn more about our services at our website.



ARTICLE SPOTLIGHT

In two recent Psychology Today articles, "The Importance of a Few Good Friends" and "The Friend Effect: 23 Surprising Ways Other People Shape You," the authors note that even a small number of close friendships can significantly improve mood, reduce stress, and support both mental and physical health. They also emphasize that relationships influence behavior, coping, and resilience more than people often realize.

Importantly, the articles point out that when supportive relationships are limited, strained, or difficult to maintain, mental health can suffer. In these cases, seeking mental health services can play a key role. Professional support can help individuals develop healthier relationship patterns, improve communication skills, and build the emotional tools needed to form and sustain meaningful connections.

MENTAL HEALTH TIP!

As the weather gets nicer, take some time to get outdoors and enjoy the fresh air! Studies show fresh air, nature, and sunlight can be helpful mood-boosters!



STAFF SPOTLIGHT



Meet Jenna:

About Jenna: Jenna is a second-year student in the Psy.D. program, currently pursuing the Child Specialization Track. She holds a bachelor's degree in psychology with a minor in sociology from the University of Delaware. Jenna's primary clinical interests lie in working with children and adolescents, with a focus on creating a safe and supportive environment to help clients achieve their goals. She is dedicated to enhancing her clinical skills by utilizing integrative approaches, including Cognitive-Behavioral Therapy and Trauma-Focused Cognitive-Behavioral Therapy.

GET CONNECTED



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