



Allyson McCune, B.A., QMHP-Trainee

I received my Bachelor's degree in Psychology from the College of William and Mary in 2017. Since graduating, I have been working in the nonprofit sector for organizations who seek to improve quality of life for residents of the Richmond region. Through my various roles, I have helped a diverse pool of individuals find meaningful community engagement; experience the benefits of a healthy, active lifestyle; and access community resources to better their personal and financial situations. I am passionate about mental health and excited to work with individuals in a hands-on way to improve their ability to care for themselves through positive coping strategies such as mindfulness and emotional regulation techniques. Outside of work, I enjoy exploring all that Richmond has to offer through its outdoor spaces and parks system, live music and arts community, and vast restaurant scene.