

JANUARY WELLNESS DIGEST



Happy New Year!

It's difficult to believe that we've entered a new year! We realize that this is a time of anxiety and uncertainty for many people. The omicron variant has put plans on shaky ground and made us fear for our health and the health of our loved ones. Children, teens, and young adults are returning to school and many folks are returning to work after a holiday break. If you are struggling and in need of support, please visit our [resource](#) page to find help.

We at Mentis know that no one's mental health exists in a vacuum. When a partner, friend or child is struggling, the impact of that struggle is felt throughout the community. From providing support early, before problems become insurmountable, to clinical treatment for all ages, we're here for you and for those you care for.

Please read through our newsletter for a **program spotlight** where we'll talk about our clinical treatment program, share a **wellness tip**, announce a **survey for Napa Valley parents**, and highlight our **upcoming events**!

CLINICAL TREATMENT PROGRAM



About Mental Health Treatment

When people of all ages have access to mental health treatment, they develop the skills to cope with difficult life events or issues, making life better for them and those around them. Mentis offers bilingual, professional mental health care that is affordable and accessible to everyone in Napa Valley. Whether in schools, in our own offices or through our many partner agencies, we meet people where they are to get them mental health support they need to thrive.

Our Mental Health Treatment program provides mental health services throughout the County to people of every stage, age, and income level, in both English and Spanish. The clients we serve usually have few options available to them and nowhere else to turn for assistance. Our program provides an essential safety net service for Napa county residents, providing help to cope with mild to moderate stressors that disrupt lives and cause significant emotional distress. We emphasize teaching our clients the skills they need to live productive, satisfying, and stable lives. All our therapists are licensed or are post-master's registered interns working toward licensing. All clinical staff is registered with the state of California.

Learn more by following us on [social media!](#)



Take breaks from reading, watching, or listening to the news! We don't mean that you should bury yourself under a rock or avoid your feelings, but constantly hearing the same bad news can be upsetting and lead us to perseverate about the pandemic. Instead, check the news on a set schedule - perhaps once in the morning and once in the evening, a few hours before bed. You'll stay informed but allow your mind to relax and think more positive thoughts as you go about your day.

Napa Valley Parents – Help Us Help You!

Mentis is conducting an informal needs assessment with parents living in Napa County, with the goal of gaining a better understanding of what kind of mental health and wellness support parents need, and how this support would be most accessible. Please take a few moments and fill out **this survey**. Your input is extremely valuable to us and will inform future parent prevention programs at Mentis.

Thank you.

Upcoming Events

Mentis' silent auction is next month! The silent auction will be online and open to the public. You'll register online and have a week to bid. Stay tuned for more information!





Every day, our staff and clinicians educate, support and inspire people to take charge of their mental well-being. With programs ranging from prevention to treatment, we're here to make sure our community's mental wellness flourishes.

[Donate to Mentis](#)