



SEPTEMBER WELLNESS DIGEST



September is Suicide Prevention Awareness Month

Welcome to September! This time of year we expect that the weather will start cooling down, leaves might begin to change color and, love it or hate it, we'll start to see pumpkin spice *everywhere*.

But, beyond these autumnal tidings, September is also home to something very important. September is Suicide Prevention Awareness Month. Read through our newsletter and we'll **share a program spotlight** about a suicide prevention training we offer at Mentis including upcoming training dates, **a wellness tip**, and **highlight our upcoming events**.

**PROGRAM
SPOTLIGHT:
QPR SUICIDE
PREVENTION
TRAINING**



About QPR Suicide Prevention Training

When teens look for help, they generally turn to their peers, making it all the more important to equip youth to support their fellow students. QPR is an evidence-based curriculum that teaches youth and adults how to recognize the warning signs of a suicide or mental health crisis and how to Question, Persuade and Refer someone to help.

Learn more about QPR by visiting [their website](#). You can also learn more about suicide prevention by following us on [social media](#) where we'll be sharing information and resources throughout the month of September!

Thanks to supporters like you, we are able to provide QPR Suicide Prevention Training to many of our community members, including teens! The last time we offered the training, just a few days later one of our young participants shared with us that she was able to use what she learned to help a friend who was considering suicide. When we share our expertise in how to cope with life's ups and downs, we empower our neighbors to live the lives they want to live.

QPR SUICIDE PREVENTION TRAINING *IN ACTION*

WELLNESS TIP

This month's wellness tip is to take a suicide prevention training or take another step to learn more about suicide prevention. You can have these resources handy or you can use them to help a loved one who is struggling. You can learn more at the [Suicide Prevention Resource Center](#), [Action Alliance](#), [NAMI](#), or the [National Suicide Prevention Lifeline](#).

Upcoming Events

Question Persuade Refer (QPR) Suicide Prevention Training

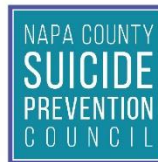
with Jeni Olsen, Mentis and Stevi Dalbey, NCOE

QPR Training is a 90-minute training that teaches how to intervene with someone who may be at risk for suicide. In this training you will learn how to identify potential signs that someone is at risk, how to talk with and question others around suicide risk, and how to link them to resources that will support their safety and recovery.

Learn three steps to help prevent suicide.

ADULTS: Wednesday Sept 22 · 7:00-8:30pm
YOUTH (16-25): Tuesday Sept 28 · 7:00-8:30pm

Please email Nyah McWilliams to register: nmcwilliams@mentisnapa.org





ROOT BEER FLOAT OPEN HOUSE

Wednesday, 4:30-6:30pm

• 09.15.21 •

1700 Soscol Avenue, Suite 5, Napa, CA 94559



Come learn about Mentis' programs and see our new office space!



● Masks required indoors ●

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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.

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