



September is Suicide Prevention Month

September is Suicide Prevention Month, which can be a great time to learn more about mental health and re-familiarize ourselves with crisis resources. Take time this month to save the phone numbers for [local and national crisis resources](#) into your phone so that you have them handy in case a loved one has a mental health crisis, or reach out to a friend to reassure them they can always talk to you when they're struggling. If you haven't already, take a suicide prevention training.

Read through this month's edition of the newsletter for a **special announcement**, a **wellness tip**, and an **upcoming event!**



Napa County's Suicide Prevention Council

We are so excited to share with you that our very own Prevention Director, Jeni Olsen, is now the co-chair of Napa County's Suicide Prevention Council! As co-chair alongside Meshanette Johnson-Sims, Napa County's Assistant Mental Health Director, she plans to create an outreach and education plan for Napa County and to work with community partners to continue training our community in QPR (Question, Persuade, Refer), an evidence-based suicide prevention model.

The Suicide Prevention Council is actively recruiting new members. The council is a local coalition of people and organizations who are dedicated to reducing stigma around mental health issues and suicide, identifying and advocating for resources, and promoting a safe, connected, resilient and inclusive community to reduce the risk of suicide. Meetings are currently held on Zoom the second Thursday of every month from 4-5:30pm. For more information, **please email Ruben Sanchez at rsanchez@mentisnapa.org.**

Mentis' Prevention Team trained over 420 people in suicide prevention last year! Suicide is the most preventable kind of death, and each and every person trained in suicide prevention is another gatekeeper who can recognize the warning signs of a suicide and question, persuade, and refer that person to get the help they need to save their life.

Learn more about suicide prevention this month by following us on **social media!**





Our wellness tip this month is to take a suicide prevention training (Mentis is offering a free training, open to the public, on 9/21 from 7-8pm)!. A loved one or friend being in a mental health crisis can be frightening to witness, and it can be made even worse if you feel powerless in knowing what to do. Taking a suicide prevention training can go a long way in equipping you with the tools to be prepared in the event of a crisis.

Upcoming Events

To register for this training, please email Nyah McWilliams at nmcwilliams@mentisnapa.org

Question, Persuade, Refer (QPR) Suicide Prevention Training

With Jeni Olsen and Nyah McWilliams of Mentis

QPR is an hour long training that teaches how to intervene with someone who may be at risk for suicide. In this training, you'll 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 the three steps to help prevent suicide.

Wednesday, 9/21 7-8pm, ages 15+

To register, please email Nyah McWilliams at nmcwilliams@mentisnapa.org



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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