



Gobbling Up 2022!

Does anyone else feel like 2022 just started?! We know many of us at Mentis feel that way, and we can't believe it's already November! The year may be wrapping up, but that doesn't mean our mental wellness needs to take a backseat.

Even though you may be especially busy as the holiday season approaches, we encourage you to do something to improve the mental wellbeing of yourself or a loved one. Reach out to a friend or coworker who seems stressed, catch up with your friends or family for a movie night, or take some time to yourself for self-care.

Read through this month's wellness digest for **special announcements and a wellness tip!**

COMMUNITY RESOURCE DATABASE

For Napa Valley
mental wellness
resources, visit:
[MentisNapa.org/
Resources](https://MentisNapa.org/Resources)

Mentis' Community Resource Database

We're excited share with you Mentis' newly relaunched [Community Resource Database](#)! Previously, this resource database only listed resources for youth, but it now contains **wellness resources for people of all ages**. You can visit this **fully bilingual** (English and Spanish) database and **search by age group, service category, and location**.

We created this database to serve as a one-stop-shop for our Napa Valley community in need of mental health resources. If you or someone you know needs to be connected to mental health or wellness resources, extracurricular activities, volunteer opportunities, or more, go check it out!

[Visit the Community Resource Database](#)





CONGRATULATIONS

**NYAH
MCWILLIAMS**
PREVENTION SPECIALIST, MENTIS

The CanDo Spirit shines through this year's Hilary Zunin CanDo Spirit Award winner, Nyah McWilliams. She serves as the Prevention Specialist at Mentis, a local nonprofit, where she supports mental health for the teens in our community.



**2022 WINNER
HILARY ZUNIN CANDO SPIRIT AWARD**



WWW.CANDOGIVEGUIDE.ORG/CANDO-SPIRIT-AWARD/

2022 Hilary Zunin Can Do Spirit Award

The winner of the 2022 Hilary Zunin CanDo Spirit Award is none other than our Mentis Prevention Specialist, Nyah McWilliams! Nyah works to support mental health for the teens in our community. Here's what Nyah said about the work she does: "Being a teen is tough so adding in these supports and resources creates a new reality for teens of Napa County. They get to explore their purpose, passions, and connections to the community through the Teen Council."

Thank you, Nyah, for all you do for Napa Valley!

[Learn more about Nyah and the CanDo Spirit Award by clicking here](#)



Mentis is beginning its 75th year of service to the Napa Valley and thanks your support last year, you have made it possible for us to make sure our community's mental wellness flourishes. Last year, we served over 5,000 people providing mental health services from prevention to therapy and housing.

But we have more work to do, and your help will support us in meeting the significant increase in demand for mental health services. Since the beginning of the COVID-19 pandemic, Mentis' waitlist for services has more than doubled. *We receive over 2,000 calls a year with requests for services.* Mentis is the only organization in Napa Valley equipped to deal with this demand – we are the only organization that provides mental health services to the uninsured.

Will you help us meet the demand for mental health services by donating today?

[Donate Here Today](#)

We have more exciting news to share - this year is the CanDo Give!Guide's 10th anniversary, and we're a part of it! This year's Give!Guide will go live on November 29th, which is also Giving Tuesday. Because Give!Guide features Napa Valley nonprofits, you can be sure that every dollar you donate will go toward supporting members of your community.

Visit candogiveguide.org on November 29th to learn about and donate to over 70 local nonprofits.

10 Years
CanDo's
Give! Guide
NAPA VALLEY



This month's tip: stop with the Thanksgiving guilt! It's common to feel bad or guilty for what you eat on Thanksgiving, but here's the thing - it's just one day. The food you eat won't last forever, but the positive memories you make might! Thanksgiving is a time to be grateful for the positive things in life and to cherish time spent with loved ones. It is not a time to feel shame for what we did or didn't eat.



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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