



Carving Out the Good Times

It's October, which for many means hay mazes, Halloween costumes, and pumpkin spice *everything*. But for us at Mentis, October has a lot of exciting days relating to mental health: World Mental Health Day was October 10th, Obsessive Compulsive Disorder (OCD) Awareness Week was October 9th-15th, and the entire month is National Depression and Health Screening Month.

This month, we encourage you to carve out some good times for self-care. Take advantage of the season and go apple picking, carve a jack-o-lantern, or eat some seasonal foods like root vegetables. Encourage a loved one to get screened for mental health conditions and do the same yourself.

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

COMMUNITY RESOURCE DATABASE

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

Mentis' Community Resource Database

We're excited to announce 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!

Learn more about our Community Resource Database this month by following us on [social media](#)!





2020-2021 Impact Report

Our newest Impact Report is ready! [Check out the report](#) to learn more about the work Mentis does in our community and the incredible outcomes we have achieved thanks to the support of people like you.

Here's a sneak peak: "I don't know if I would have made it through without being a part of the Mentis Teen Council and all it had to offer."

[Learn more by checking out the report!](#)

Thank you!

Mentis was founded in 1948, and we are beginning to celebrate our 75th anniversary of providing bilingual affordable mental health services to people of

every age and income level. We could not have reached this milestone without donors and supporters like you. From all of us at Mentis, thank you!

P.S. An article about our 75th anniversary was published in the Napa Valley Register last week! [Check it out here.](#)



Don't let your fall plans fall victim to the flu! Our wellness tip this month is to get a flu shot. As COVID restrictions lift, many of us are surrounded by more people and in tighter quarters, making it all the more important to protect ourselves and our loved ones from the flu. The flu vaccine is an important preventative health tool and even if you still get the flu, it [can protect you from serious illness](#). As an added bonus, you can get the flu shot and a COVID booster [at the same time](#)! Get a flu shot at your local pharmacy, doctor's office, or through your insurance carrier.

Upcoming Events

KEN BURNS PRESENTS

HIDING YOUTH IN MENTAL PLAIN ILLNESS SIGHT

A FILM BY ERIK EWERS & CHRISTOPHER LOREN EWERS



FREE COMMUNITY SCREENING

HIDING IN PLAIN SIGHT

November 7th • 7pm to 9pm at Napa Valley College

Join Napa County Office of Education and SHINE Napa Valley for a free screening of the documentary "Ken Burns Presents Hiding in Plain Sight: Youth Mental Illness" followed by a panel discussion on how to identify if your child is hiding in plain sight.

Participants will...

- Experience an exclusive 60-minute screening of Hiding in Plain Sight with special comments from young adults who appeared in the film.
- Hear from mental health experts such as Shari Staglin, creator of One Mind, Toby Ewing, State Director of Mental Health, Jeni Olsen of Mentis, and more.
- Learn more about what local organizations are doing to raise awareness and provide youth mental health support in Napa County.

SEATING LIMITED • REGISTER TODAY AT WWW.NVEF.ORG/FILM

Event Made Possible By:





EXAMEN COMUNITARIO GRATUITO

HIDING IN PLAIN SIGHT

7 de Noviembre • 7pm a 9pm en Napa Valley College

Únase a la Oficina de Educación del Condado de Napa y SHINE Napa Valley para una proyección gratuita del documental "Ken Burns Presents Hiding in Plain Sight: Youth Mental Illness" seguido de un panel de discusión sobre cómo identificar si su hijo se esconde a plena vista.

Los participantes...

- Experimente una proyección exclusiva de 60 minutos de Hiding in Plain Sight con comentarios especiales de adultos jóvenes que aparecieron en la película.
- Escuche a expertos en salud mental como Shari Staglin, creadora de One Mind, Toby Ewing, director estatal de salud mental, Jeni Olsen de Mentis y más.
- Obtenga más información sobre lo que están haciendo las organizaciones locales para generar conciencia y brindar apoyo a la salud mental de los jóvenes en el condado de Napa.

ASIENTOS LIMITADOS • REGÍSTRESE HOY EN WWW.NVEF.ORG/FILM

Event Made Possible By:





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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