

DECEMBER  
WELLNESS  
DIGEST



## Happy Holidays!

December's holidays are a time of joy and light for many, but they can be a struggle for those dealing with mental health issues. **Three out of every five Americans feel that their mental health is negatively impacted by the holidays.** If you are going through a difficult time right now, you are not alone! We encourage you to take charge of your mental wellbeing this year. Set boundaries, practice self-care, and reach out for help.

In this month's edition of the wellness digest, we'll share **resources for a mentally health holiday** season, a **wellness tip**, and a **huge announcement!**

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## Mental Health Resources

If you are struggling with your mental health this holiday season, **you are not alone.**

If you or someone you know is suicidal or in a mental health crisis, call or text **988**. You can also visit [www.mentisnapa.org/crisis-prevention-hotlines/](http://www.mentisnapa.org/crisis-prevention-hotlines/) for a list of local crisis resources.

If you or someone you know is **struggling but isn't in immediate danger**, visit [www.mentisnapa.org/resources](http://www.mentisnapa.org/resources) for a bilingual list of mental wellness resources for people of all ages in Napa County.





## Mentis Announces \$4.75 Million Award from State of California for Youth Mental Health

Mentis is thrilled to receive a \$4.75 Million Award from the State of California to seed a transformative project that will support youth mental health and wellness in Napa County.

Last week, Governor Newsom announced an unprecedented \$480.5 million in infrastructure grants to support Youth Mental Health initiatives across the state. Mentis is incredibly grateful to be among the 54 entities in California and 1 of 4 in the Bay Area to have been awarded a behavioral health infrastructure grant.

The awards are delivered through the Department of Health Care Services' (DHCS) Behavioral Health Continuum Infrastructure Program (BHCIP) Round 4: Children and Youth grants and will increase mental health care for Californians ages 25 and younger.

[Read Our News Release](#)



Mentis is beginning its 75<sup>th</sup> 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](#)

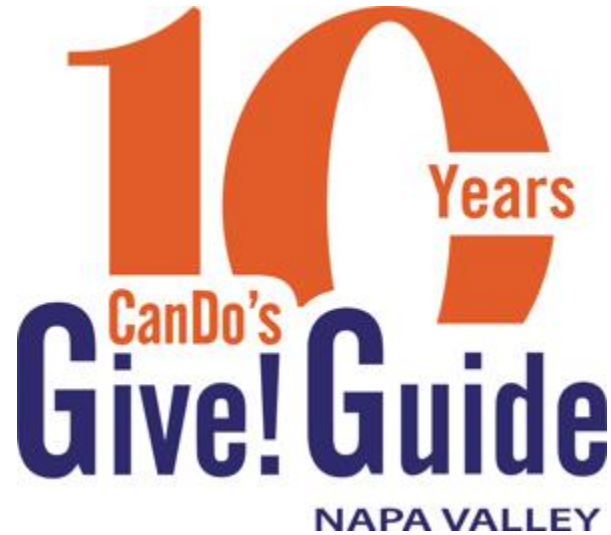
We have more exciting news to share - this year is the CanDo Give!Guide's 10th anniversary, and we're a part of it! Because Give!Guide features Napa Valley nonprofits, you can be sure that every dollar you donate will go toward supporting members of your community.

**Here's what your support can do:**

\$25 can train two students in QPR suicide prevention

\$100 can help an older adult get the support they need from our professional therapists

\$250 can cover the cost of one wellness clients



group outing for our housing

**[Donate Through the Give!Guide](#)**



**WELLNESS TIP**



Focus on activities instead of things! It's likely someone won't remember the specific items that were purchased for them, but they will fondly look back on the memories you make together.

'Things' are often enjoyed in the moment they are opened, but by gifting an activity and participating in it together, you can make memories that last a lifetime. These activities can be grandiose, but they can also be smaller activities you can do together at home, like board games or a crafting project.



**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\*\*](#)

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Mentis Napa's Center for Mental Health Services

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