

## Happy Mental Health Awareness Month!

May is the perfect time of year to check in with ourselves and prioritize our mental health! **May is Mental Health Awareness Month**, and the warmer weather and longer daylight hours make it much easier to get outside! With the summer approaching, it's possible you'll soon have more time to yourself. Use this newfound free time to build lasting mental health habits - practice starting conversations about mental health, find a sustainable self-care routine, and do more things that bring you joy.

In this month's edition of the wellness digest, we'll share **information about Mental Health Awareness Month, successful events, exciting information and a wellness tip.**

---



## ¿Sabe dónde encontrar recursos para salud mental?

No hay salud sin salud mental. Mentis ofrece una base de datos bilingüe en línea donde puede encontrar recursos locales de bienestar para usted o un conocido.

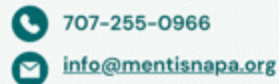
- ✓ Disponible en Inglés y Español para todas las edades.



## Do you know where to find mental health resources?

There is no health without mental health. Mentis provides a bilingual online database where you can find local wellness resources for you or someone you know.

- ✓ Available in English and Spanish for all ages.



## Mental Health Awareness Month

As you might guess, May is one of our favorite months of the year! To celebrate Mental Health Awareness Month, we have several things going on. We hope you'll join us in encouraging our community to take charge of its mental wellbeing by participating in the activities listed below!

**Coffee Collars at Winston's:** Throughout the month of May, if you visit [Winston's](#) and order coffee, your coffee collars will share mental health resources. **Thank you very much**, Winston's!

**Community Resource Database:** Looking for wellness resources? Visit our bilingual Community Resource Database for people of all ages at [mentisnapa.org/resources](https://mentisnapa.org/resources)

**Live Healthy Napa County Posters:** We've partnered with Live Healthy Napa County and flyer pictured above is up all over Napa Valley! Let us know if you spot one!

Learn more about how we're celebrating Mental Health Awareness Month on our social media pages!



---

## Youth Mental Health Festival



We are thrilled to share that we had an incredible first annual Youth Mental Health Festival this past Saturday! Dozens of young people joined us from around Napa Valley and beyond to engage in activities that helped them build their wellness toolkits. We'd like to thank our Mentis staff members, amazing community partners, and our teens for creating such a safe and supportive space for fun, exploration, and self-care. We already can't wait for next year!

To see more photos and videos from the event, follow us on the [Mentis Instagram page](#) and [Teens Connect Instagram page](#)!

---

## Double Your Donation with Redwood Credit Union



***Mentis is celebrating our 75<sup>th</sup> anniversary and, for Mental Health Awareness Month, we are partnering with Redwood Credit Union to double every dollar up to \$15,000!***

For 75 years we at Mentis have been providing bilingual affordable mental health services to people of all ages and income levels. We have been educating, supporting and inspiring our community members to take charge of their mental wellbeing. In the last year we have delivered services from prevention and wellness programs, to mental health therapy and supportive housing to over 5,000 children, teens, adults and older adults in Napa County!

Redwood Credit Union has been a proud supporter of Mentis for years; Redwood Credit Union commits themselves to giving back to the communities where their



members and team members live, work and thrive. Redwood Credit Union understands the difference we are making in the lives of our community by encouraging community members to live the lives they want to live. **Thank you, Redwood Credit Union!**

**Double Your Donation Today**



**WELLNESS TIP**



As temperatures rise and we don more summer apparel, body image issues may arise more often too. There is no one-size-fits-all answer to our feelings about our bodies, but here's a tip that may help: **Practice self-compassion by stating affirmations.**

Here are some ideas:

"My body is worthy of love and respect."

"My body deserves to be taken care of."

"My worth does not depend upon my body."

"I am a whole person, not just a body."

"I am worthy of love no matter what I look like."



**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](#)

---

[Unsubscribe](#)

Mentis Napa's Center for Mental Health Services  
709 Franklin Street Napa, CA 94559