



Summer Wonder!

We don't know about you, but we are incredibly thrilled that it's finally summer! At Mentis, we are basking in the sunlight of the longer days while we look out over the blooming vineyards. By now, you might know that June is Pride Month. Being LGBTQ+ and living in a community that is accepting of all identities is [linked to improved mental health](#), and at Mentis, we firmly believe that each and every one of our neighbors deserves to live in a community where their identities are accepted and celebrated.

Read through this month's edition of the wellness digest to **learn about Pride Month, our exciting partnership with Redwood Credit Union, and a wellness tip!**

Pride Month in Napa Valley

 **LGBTQ+ Orgs in Napa** 

LGBTQ CONNECTION
Napa • Sonoma
Community Driven Action

LGBTQ Connection fosters a healthier, more vibrantly diverse and inclusive community. Their offices provide a safe and trusted space to cultivate hubs of activity and community.

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Rainbow Action Network is a program of First 5 Napa that aims to make Napa County a welcoming and supportive place for LGBTQ children, families, and community members

RAINBOW ACTION NETWORK

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Napa Pride

Visit napapride.com for an amazing list of Pride events this month!

mentis | **5 years**

June is Pride Month in the Napa Valley! At Mentis, we're celebrating Pride Month the best way we know how - by working to ensure that every member of our community has access to bilingual, affordable mental health services at all ages, income levels, genders and identities. We believe that our community is a better, more authentic place when people are free to embrace who they are.

Earlier this month, members of our Prevention Team and Teen Council attended the Yountville Pride Celebration at Veterans Memorial Park and hosted an activity. We had a great time interacting with and celebrating our community!

Napa County is home to some amazing LGBTQ+ organizations and agencies. Learn more about [LGBTQ Connection](#) and [Rainbow Action Network](#) at their websites, and find an extensive list of Napa County Pride events at napapride.com!

We are sharing information about Pride, the mental health of LGBTQ+ people, and we have a guest columnist this month on our social media pages! Our guest columnist is Dr. Hasson, a Family Medicine and HIV Specialist at the Kaiser Permanente Napa Medical Offices,

where he is the LGBTQ+ Lead and Champion. In honor of Pride Month, he'll be sharing information about LGBTQ+ identities and mental health. Check out one of the videos [here!](#)

Visit our social media at the links below.



Double Your Donation with Redwood Credit Union



Mentis is celebrating our 75th anniversary and 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

We love June's longer daylight hours, but sometimes it gets dark so late that it's difficult to fall asleep at an appropriate time! Here's our wellness tip - make an effort to maintain your sleep schedule.

Here are some ideas:

-Close the blinds/windows a few hours before you want to go to bed so that you see less light

-Put up blackout curtains or use a sleep mask to block out light

-A few hours before bed, switch to lower energy activities like reading or folding laundry to help you wind down





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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