

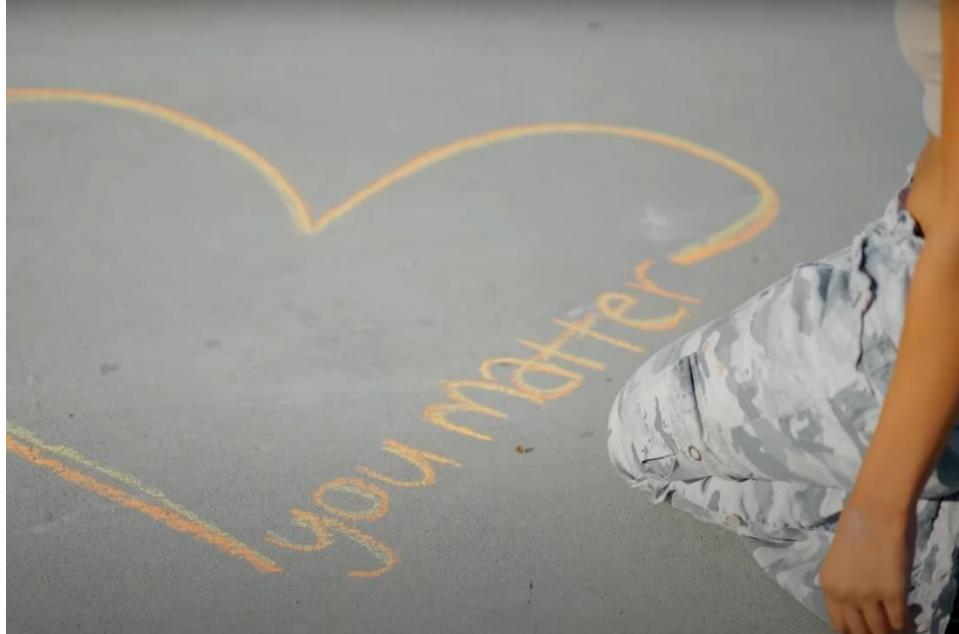


Hello, July!

2023 is just flying by! July is BIPOC (Black, Indigenous, and People of Color) Mental Health Month. Since Mentis is dedicated to providing bilingual, affordable mental health services to people of every age and income level, you can imagine that each year we look forward to a month that raises awareness about the impact that our identities can have on our mental health. If you want to learn more about BIPOC Mental Health Month, keep reading!

Read through this month's edition of the wellness digest to **learn more about BIPOC Mental Health Month, an upcoming project and partnership, and a wellness tip!**

BIPOC Mental Health Month



A Short History of BIPOC Mental Health Month: Since 2008, BIPOC Mental Health Month (also known as Bebe Campbell National Minority Mental Health Awareness Month) has been observed each July. It was created to bring awareness to the unique struggles that underrepresented groups face regarding mental illness in the United States.

Learn more about the history of BIPOC Mental Health Month at [Mental Health America](#).

Why BIPOC Mental Health Month Matters: While it's no secret that the United States is [facing a mental health crisis](#), people of color deal with unique experiences and traumas and face an [undue burden](#) when it comes to accessing care. It is [more difficult for people of color to access mental health care](#) and even harder to find care that is culturally competent.

What Mentis Is Doing About It: At Mentis, we know that when someone needs mental health care, how to get it should not be an added burden. That's why our services are designed to break down the barriers that often prevent people from receiving mental healthcare. Clients can receive outpatient therapy at our clinic in Napa, at our partner agencies located throughout the county, or via telehealth. Cost and a lack of insurance often prevent people from receiving care, so our sliding scale goes as low as \$1. We also know that when folks receive care, it should be culturally competent - our clinicians are bilingual and bicultural, allowing Spanish-speaking members of our community to get the help they need to live the lives they want to live.

We'll be sharing more information about BIPOC Mental Health Month throughout July, so be sure to follow us on our social media pages!



Art + Mental Health



Through past projects, we've seen that creating and experiencing art can make a tremendous positive impact on mental health! Pictured above is a photo from last year's 'Stepping Stones for Mental Health' project, which gave the young people in our community the opportunity to create art through a medium that is tactile, meditative, and exclusive of perfectionism.

We are thrilled to be doing another art-based mental health project through a partnership with [Nimbus Arts](#), to deliver hands-on art activities and raise awareness of the mental health services available in Napa County. This new Hundreds of Hands project will engage community members + highlight the health and wellness benefits of artmaking.

We'll be sharing more about art and mental health and this project next month!



WELLNESS TIP



Here's this month's wellness tip: Learn something new! In summer, many of us have a little bit more time to ourselves, so why not use it to study the things we've always wanted to know more about? If there's a hobby you've always wanted to get into or a language you've wanted to pick up, now might be a great time to dive into it! Here's another benefit: learning something new won't just benefit you in the summer, but all year long! Learning something new can fill us with a sense of accomplishment and it's a great reminder of what we're capable of!



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