



NOVEMBER WELLNESS DIGEST



A Month of Thanks

For many, November is a month where we take a moment to reflect on what we're grateful for. At Mentis, we are thankful for all of you! For 75 years, Mentis has been providing bilingual, affordable mental health services to people of every age and income level, and it's all made possible to donors and supporters like you.

Read through this month's edition of the wellness digest to **learn about families and mental health, hear about our latest Impact Report, and gain a new wellness tip!**

Families + Mental Health



Why Does Family Mental Health Matter?: No one's mental health exists in a vacuum. When a partner, friend, or child is struggling, the impact of that struggle is felt throughout the community. But, when we work together to get families the mental health support they need to thrive, we create a ripple effect that builds a healthier, more supportive environment for future generations.

What's Mentis Doing About It?: Mentis provides bilingual, affordable mental health services to people of all ages. For family members of all ages, we're here for you and those you care for.



22-23 Impact Report



We are delighted to share with you our 2022-2023 Impact Report. We hope you share our pride in the accomplishments you'll read about in the Impact Report, because they were all made possible by you.

[Click here to read it.](#)

Supporting Community Mental Health



Mentis is celebrating its 75th anniversary of providing affordable, bilingual mental health services to people of every age and income level. Because of the support of people like you, our programs are remarkably effective at empowering our neighbors to live the lives they want to live. Last year, over 80% of our outpatient therapy clients showed a reduction in symptoms of depression, anxiety, and trauma.

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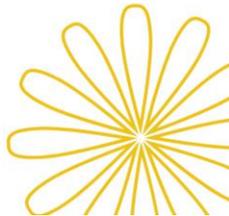
Our entire community is strengthened by the incredible work done each day by Napa Valley's nonprofits! We are honored to be featured in Give!Guide along with nearly 75 local nonprofits whose passion and dedication make our Napa Valley community a better place for us all.



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WELLNESS TIP



Here's a timely wellness tip: practice gratitude! Practicing gratitude doesn't mean we ignore the bad things in life in favor of looking for the silver lining. It's also important that we don't use gratitude to fuel guilt about our feelings, like, "These good things are happening, so therefore I shouldn't feel sad or upset about anything." Instead, practicing gratitude means we consciously make note of the things we're grateful for. Practicing gratitude can also look like making a list of the good things you experienced that day, even if they're small. Gratitude is not only a nice practice, but it has a tremendous [positive impact on mental health](#).



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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