



SEPTEMBER WELLNESS DIGEST



Take Action This Suicide Prevention Month

Important: If you are in a mental health crisis, call or text 988!

September is Suicide Prevention Awareness Month and we're sharing an important message: Together, we can stop suicide! Let's begin by busting a common myth: **Talking about suicide will not, "put the idea into someone's head."** In fact, talking about suicide helps folks learn about the warning signs and encourages those in a mental health crisis to reach out for help.

Read through this month's edition of the wellness digest to **learn more about suicide prevention, hear about Mentis in the news, and gain a new wellness tip!**

Suicide Prevention



We began printing crisis cards several years ago when we saw the need for members of our community to have one spot where they could quickly find mental health crisis resources.

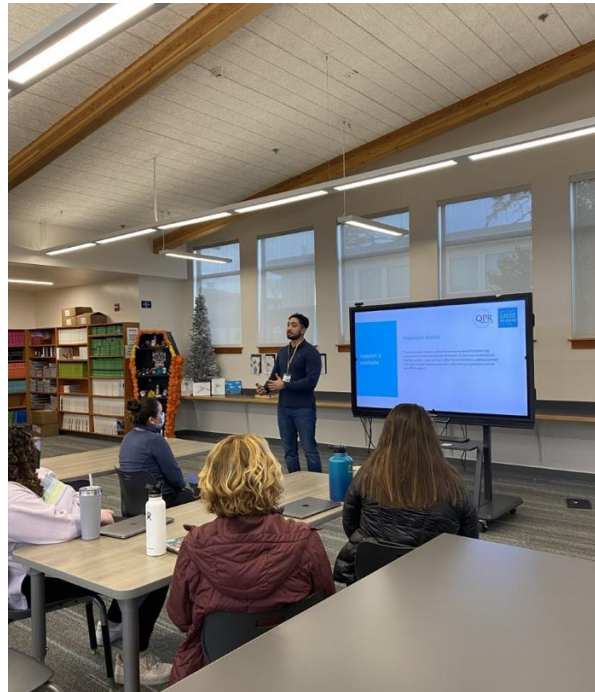
Over the years, we've continued to update the cards so that the information is always up to date and accessible for those who need it.

Today, we've distributed an estimated 21,000 crisis cards throughout Napa County! We're thrilled that our cards now also include Braille so that more of our neighbors can access lifesaving mental health resources.

Take action today by saving this image so you can quickly access mental health crisis resources. If you would like a stack of crisis resource cards, let us know by responding to this email.

Pictured to the right is a photo of Ruben, Mentis Prevention Specialist, leading a Suicide Prevention training earlier this year. QPR Gatekeeper Trainings teach participants how to recognize the warning signs of a suicide or mental health crisis and how to Question, Persuade and Refer someone to help. To equip yourself with the knowledge and skills to help someone at risk for suicide, become QPR certified.

Take action by becoming QPR certified! To attend or schedule a QPR training, contact Ruben Sanchez at 707-346-4282 or email rsanchez@mentisnapa.org





The [Napa County Suicide Prevention Council](#) is a community partnership that aims to stop suicide in Napa County. Consisting of local agencies, individuals, suicide survivors and suicide loss survivors, the Council identifies gaps in the county's mental health crisis infrastructure and aims to fill them, works to reduce stigma, supports those who have lost loved ones to suicide, and trains members of our community in the lifesaving [QPR Suicide Prevention](#) curriculum.

Take action by joining the Napa Suicide Prevention Council! Meetings are held via Zoom the 1st Thursday of every month from 4-5:30. Learn more by emailing the Council's chair, [Jeni Olsen](#).



Mentis in the News



In case you missed it: Prevention Director Jeni Olsen has a monthly column in Napa Valley Features about youth mental health. Her second article, talking about the importance of listening to young people was published last month.

[Read the article here!](#)

Photo credit: [Nic Meerholz of SeaTimber Media](#)



WELLNESS TIP



Learn + share about 988! [988 is the National Suicide and Crisis Lifeline](#) - it's like 911, but for mental health emergencies. Though it was launched a little over a year ago, [only about 17% of Americans are familiar with it](#). It is vital that community members have resources available to them when they, or someone they're near, experiences a mental health crisis. By learning and sharing about 988, you can **take action** to prevent suicide.



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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