



DECEMBER WELLNESS DIGEST



Snow Time Like the Present!

We're nearing the end of 2023 and we're in the thick of the holiday season! At Mentis, we've observed that many people put their mental health on the backburner at this time of year. Holidays are filled with joy and cheer, but they're also filled with stress, hard-to-reach expectations, and folks are often so busy that they don't find the time to do things for their own mental health and wellness. **If you are struggling with your mental health, you are not alone.**

Many of us are reunited with loved ones this time of year, especially our relatives who are older adults. There is snow time like the present to read through this month's edition of the wellness digest to **learn about older adults + mental health, hear about upcoming events + Mentis in the news, and gain a new wellness tip!**

Older Adults + Mental Health



Why Does Older Adult Mental Health Matter?: Older adults experience mental health conditions just like any other age group, but they face unique barriers to mental health treatment. [By 75 years old, nearly half of people will experience a diagnosable mental health condition.](#) In addition to these mental health conditions, as many as [one-in-three older adults feels socially isolated.](#) Social isolation has serious impacts on a person's emotional and even physical wellbeing.

What's Mentis Doing About It?: Mentis' Healthy Minds Healthy Aging program is uniquely designed for older adults and their specific life concerns. We identify those who may be at risk or already struggling with depression or cognitive decline to provide emotional support, practical coping tools, and connection to other resources, all free of charge. In addition, Healthy Minds Healthy Aging provides community education regarding dementia and depression to reduce stigma and encourage access to therapy.

Learn more about Healthy Minds Healthy Minds [here.](#)



Mentis in the News



Our latest article in Napa Valley Features is apt for this time of year! [Read this article](#) for tips on finding space for quality family time during the holidays.

[Click here to read it.](#)

Upcoming Events

LEARN HOW TO HELP
A FRIEND IN CRISIS!

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YOUTH QPR SUICIDE PREVENTION TRAINING

AGES 13-19



TUESDAY,
JAN. 9TH



TIME
7:15-8:15 pm

AT CROSSWALK
COMMUNITY CHURCH



SIGN UP BY SCANNING
THE QR CODE

<https://bit.ly/YouthQPR>

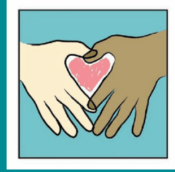


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When teens look for help, they generally turn to their peers, making it all the more important to equip youth to support their fellow students. QPR is an evidence-based curriculum that teaches how to recognize the warning signs of a suicide or mental health crisis and how to Question, Persuade and Refer someone to help.

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TEENS ★
CONNECT



2024 Napa Valley MLK Celebration

Succulent Planting *and* Pot Painting

at Justin-Siena HS Monday, Jan. 15 from 10am to 1pm

Napa Valley's MLK Celebration seeks to embody Dr. Martin Luther King Jr.'s Vision of a Beloved Community: where there is inclusion, equity, justice, and compassion for all.

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IN PARTNERSHIP WITH
COLE'S CHOPHOUSE, SOUTHSIDE AND NAPA PALISADES SALOON,
MENTIS INVITES YOU TO:

QPR Gatekeeper Suicide Prevention Training

*for Restaurant and Hospitality
Professionals*

As restaurant and hospitality professionals, you spend all day talking to people. Whether it's a guest you're serving or coworker, you may find yourself in conversation to someone who is struggling with their mental health or experiencing thoughts of suicide.

This training will help you recognize the warning signs of someone in crisis, and teach you the tools to offer hope and help to the person in need.

Join us on Monday, January 22nd

Session 1:
10:00am-11:30am
Session 2:
4:00pm-5:30pm



Scan to sign up
for a session

Support 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.

[Donate Today](#)

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.



[Visit Give!Guide Today](#)



Are you seeing family for the holidays? If you have a person in your life you wish you were closer to, take this opportunity to do something new together! It doesn't need to be anything huge or extreme, just something you've wanted to try out. Never made holiday cookies? Bake and decorate them together! Wanted to play a new board game? Play it together! By participating in an activity together, you and your loved one can spend quality time with each other and you'll have a shared experience to look back on together.



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
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