



# MAY WELLNESS DIGEST



## Mental Health in a Changing World

*Join Mentis for Mental Health Awareness Month*

Finally, it's Mentis' favorite month of the year: **Mental Health Awareness Month!** This year's theme is "Where to Start: Mental Health in a Changing World." Mentis has served the Napa County community since 1948 and we've seen the changes our valley has undergone. When our neighbors don't know where to start with their mental health, it's vital that they have a trusted organization to turn to at every step of the way. **And that's why Mentis offers a full continuum of mental health services for people of every age and income level.**

Read through this month's edition of the wellness digest **to learn more about Mental Health Awareness Month, upcoming + past events, and gain a new wellness tip!**

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## Mental Health Awareness Month

**What is it?** Mental Health Awareness Month began in 1949 to raise awareness of the importance of mental health in Americans' lives. Today, it's a month of advocacy, support, and community.

**Why does it matter?** We have a long way to go to ensure everyone gets the mental health support they need to thrive. [California ranks as the 49th worst state in the number of untreated adults with mental illness.](#) With the national spotlight shining on mental health, **this is the moment to light the path to stronger mental wellness for all.**

**What's Mentis doing about it?** Everyday, our dedicated team educates, supports, and inspires people to take charge of their mental wellbeing. This month, we're sharing this expertise with our entire community.



## Youth Mental Health Festival 2024

From everyone at Mentis, thank you to the community organizations, donors, volunteers, and attendees for partnering with us on the second annual Youth Mental Health Festival! It was a fun-filled Spring day and attendees learned about many new ways to grow their mental health toolkits. Check out the photos below!

Photos by Jeni Olsen and Nic Meerholz of SeaTimer Media







## Upcoming Events

<p>MENTIS PRESENTS</p> <h3>A CONVERSATION ABOUT TRAUMA/ PTSD AND PATHWAYS TO HEALING</h3>		
<p>WITH</p> <h3>SHANNON WILTSEY- STIRMAN, PHD</h3>		
<p><b>A FREE COMMUNITY EVENT</b></p> <ul style="list-style-type: none"> <li>• PRESENTATION</li> <li>• Q&amp;A</li> <li>• REFRESHMENTS</li> </ul>	<p><b>WEDNESDAY MAY 22</b> <b>5.30-7.30PM</b></p> <p>MARKHAM VINEYARDS 2812 ST. HELENA HWY NORTH ST. HELENA, CA 94574</p>	
<p>Napa's Center for Mental Health Services</p>		

[RSVP Here](#)



Take a break from looking at screens! We know - it's ironic to be sending this tip via email, but the irony doesn't make it less true! Even just a few minutes of looking away from phones or computer screens can benefit our eye health. Taking longer breaks from screens can improve our sleep quality, deepen our connections with others, and [even increase our productivity!](#)

**So, after you finish this email: turn off the screen for a few minutes.** Go for a walk outside or ask the person next to you about their weekend. Maybe try closing your eyes and taking a few deep breaths. You might be surprised by what you see if you turn off the screen!



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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