



JUNE WELLNESS DIGEST



Mental Health Matters

Mental Health Awareness Month is over, but Mentis' commitment to providing bilingual, affordable mental health services to people of all ages and income levels never stops. With the partnership of our community, **we're lighting the path toward stronger mental wellness for all.** Read on to enjoy four moMentis moments!

Mentis is a proud 2024 **Gold recipient of Mental Health America's Bell Seal for Workplace Mental Health**, awarded for our commitment to employee mental health and wellbeing. Learn more about the Bell Seal at mhanational.org/bestemployers.



Last month, CVNL hosted their annual [Heart of Napa awards ceremony](#), honoring local nonprofits, volunteers, and companies who uplift our community. We are so proud of our nominees!

- Kim Brown Sims, Board President: Excellence in Board Leadership
- Jessica Cullen, Teens Connect secretary: Youth Volunteer of the Year
- Julia Bui, Teens Connect president: Youth Volunteer of the Year

Congratulations to Julia Bui for being chosen as a Youth Volunteer of the Year! We are so thankful to Kim, Jessica, and Julia for all they do for our community!

Last week, over 100 community members gathered at Markham Vineyards to join Mentis and Shannon Wiltsey-Stirman, PhD, for "A Conversation about Trauma/PTSD and Pathways to Healing." Folks asked insightful questions, sparking conversations about topics like the future of AI for mental health treatment, racial trauma, and supporting loved ones currently undergoing mental health treatment.



As we kick off Pride month, we are proud to celebrate, recognize, and stand with the LGBTQ+ community in a continued effort to protect and honor the civil rights and creation of equal opportunities for all.

If you are LGBTQ+ and struggling with your mental health, please know that **you are loved, you are not alone, and help is out there.** Visit mentisnapa.org/resources for resources.

To learn more, visit www.napapride.com.





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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