



JULY WELLNESS DIGEST



Celebrate Good Times!

Another month has come and gone, but the staff here at Mentis are working away to educate, support, and inspire people to take charge of their mental wellbeing. With the partnership of our community members, we have so much to rejoice in this month. **Read on to hear about five moments to celebrate!**

Earlier this week, we broke ground on our new Mentis Wellness Campus, a 13,000 square foot facility that will serve as a hub for mental health services in our valley. Featuring a multi-use sports court, therapy rooms, and art and wellness spaces, this facility will make it possible for Mentis to provide mental health services to more community members of all ages.

We'll be sharing updates about this project over the coming months - stay tuned for more!





Check out this recent article in The Press Democrat about Mentis' Foundations of Wellness Initiative! This program dates back to 2017, and we'll continue to offer this transformative programming next school year thanks to a new grant through the Mental Health Services Act. This time, it'll be offered to every 7th grader in the Napa Valley Unified School District!

[Read more at The Press Democrat.](#)

We're thrilled to share with you that Kaiser Permanente has made a \$250,000 gift toward our new Mentis Wellness Campus! With this gift, Kaiser will name our outdoor sports court, which will be used to support programs that improve mental and physical wellbeing.

[Read more at the Napa Valley Register.](#)





As we enter into **BIPOC (Black, Indigenous, and People of Color) Mental Health Month**, we are honored to stand with and recognize communities of color as we work toward a future with equal access to culturally competent mental health care.

To learn more about BIPOC Mental Health Month and its history, visit [Mental Health America](#).

For mental health resources for BIPOC individuals, visit Mentis' [Community Resource Database](#) or the [Mental Health Coalition](#).

Save the date for September 13th for Mentis' annual donor breakfast! A day where we look back at achievements from the previous year and envision the next, we're excited to spend this time with you.





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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