



AUGUST WELLNESS DIGEST



On the Sunny Side

Every day, our dedicated team educates, supports, and inspires members of our community to take charge of their mental wellbeing. Not every day is perfect, but with the proper mental health tools and resources at our disposal, our entire community can more easily walk on the sunny side. Read through this newsletter to hear about **four things to celebrate this month!**

August is Teen Mental Health Month, a month dedicated to ensuring that teens have the mental health support and resources they need to thrive. This year's theme is, "**Do what you can, with what you've got, where you are.**" With our nation's young people facing a mental health crisis, it's up to all of us to light the path towards stronger mental wellness for all. Thank you for joining us.



[Click here](#) to read this recent article in Napa Valley Features about using social media for improved mental health! Written by Mentis Development Director, Charlotte Hajer, with the expert input of Mentis therapist, Maya Frazier, this column reviews the pros and cons of social media, provides tips on how to protect mental health while using social media, and provides guidance for parents.

[Read more at Napa Valley Features!](#)

We are excited to announce that our new Teen Council has started for 2024-2025! About half of the group was able to attend our retreat earlier this month. They survived 100+ degrees for our team bonding and leadership exercises and ended the day with a bit of swimming! Stay tuned as we announce our TC leadership next month!



Our Teen Council, a vital component of the Teens Connect program at Mentis, meets monthly to discuss crucial mental health topics and plan events open to all teens in Napa Valley. The Teen Council's mission is not just a goal but a necessity: to raise awareness about teen mental health and dismantle the stigma that often surrounds it. We invite you to be part of this important mission by following us on Instagram ([@TeensConnectNapa](#)) and [signing up for our newsletter](#) to stay updated on our upcoming events!



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.

Join Mentis and the Napa County Suicide Prevention Council for a day of learning, sharing, mutual support, and awareness-raising as we explore the complexities of suicide, reduce stigma around mental health issues, and provide practical tools and strategies for prevention, intervention, and postvention.

September 18th, 2024, 9am-3:30pm at the Napa Valley College Performing Arts Center. Lunch will be provided.

[Purchase tickets here.](#)

We are committed to making sure this conference is accessible to everyone. Please reach out to Jeni Olsen at jolsen@mentisnapa.org about potential discount options.

Napa County Suicide Prevention Council
invites you to our first *Suicide Prevention Conference*:

**Hope Beyond Darkness:
Uniting for Suicide Prevention**

September 18, 2024 ~ 9am-3:30pm
Napa Valley College Performing Arts Center

Join us for a day of learning, sharing, mutual support, and awareness-raising as we explore the complexities of suicide, reduce stigma around mental health issues, and provide practical tools and strategies for prevention, intervention, and postvention.

KEYNOTE SPEAKER
Candace Washington is the Founder and CEO of Restorative Minds Therapeutic & Wellness Services in Bowie, Maryland. She is a mother, licensed social worker, psychotherapist, author, minister, Veteran, and a Suicide Survivor. Candace believes mental health is multifactorial and is putting a face to suicidal ideation, increasing the public's awareness of mental health conditions, and dispelling the myths associated with suicide. She will be sharing her message of hope and restoration, encouraging others to give tomorrow another chance.

Lunch will be Provided ~ Spanish Translation available

Tickets are \$20. Space is Limited. Please register here:
<https://bit.ly/SPC-24>

We are committed to making sure this conference is accessible to everyone. Please reach out to Jeni Olsen at jolsen@mentisnapa.org about potential discount options.



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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