



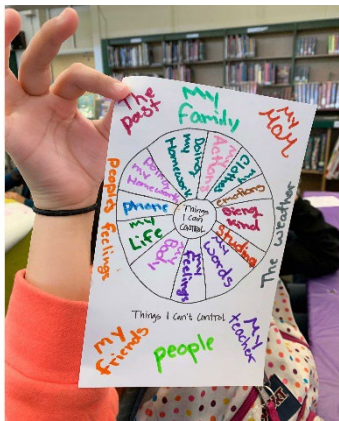
SEPTEMBER WELLNESS DIGEST



One Leaf at a Time

Each September, Mentis and our community gear up for a period of change. September is a pivotal month, representing Back to School season, Suicide Prevention Awareness Month, and the beginning of a new season. This can be a lot to deal with, but we can thrive if we take these changes one leaf at a time. Read through this newsletter to hear about **five big things happening this month!**

September is Suicide Prevention Awareness Month - a time to remember those who have lost their lives to suicide, to commemorate those impacted by suicide, and to unite to stop suicide. If you or someone you know is struggling, **you are not alone and help is out there. Call or text 988 for help.**



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

You Are Not Alone

There is hope. Here is help.

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If you are struggling with your mental health or thinking about hurting yourself, call or text (24/7):

988

Find mental health resources in Napa County:
mentisnapa.org/resources

mentis

NAPA COUNTY
SUICIDE
PREVENTION
COUNCIL

"It's a season that can evoke lots of different feelings....The start of the year comes with a sense of promise, opportunity and newness. But maybe we're also a little nervous: Going back to school can mean transition – and transitions can be bumpy."

Written by Kellie Kennedy, Mentis Schools Program Senior Manager with Development Director, Charlotte Hajer, this article contains strategies for a mentally healthy back to school season.

The Fine Wines and Experiences Auction will provide any wine enthusiast with the opportunity to acquire special offerings directly from Napa Valley wineries.

Proceeds from the auction will be invested in youth health programs in Napa Valley.

You can bid on these auction lots at [Sothebys.com](https://www.sothebys.com) starting on August 29. Bidding ends on September 12, so bid high and bid early for the best chance to win some amazing wines and experiences from Napa Valley!



[Click here](#) for a wellness tip provided by Mentis therapist, Jessica Musgrove-Ortiz! While self-care is important all year round, it's especially vital during times of transition.

[Check out Jessica's wellness tip here!](#)

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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