



Turn Awareness Into Action this Mental Health Awareness Month

Each May, Mentis celebrates Mental Health Awareness Month. It's a month of community, advocacy, and celebration; **when we work together, we can achieve extraordinary things**. This year's theme is "Turn Awareness into Action." It's an understatement to say that many people are experiencing anxiety and uncertainty due to our current political climate. While there is no panacea for this situation, getting involved in causes you care about is an incredibly effective way to reassert your agency and independence. So, **take action this Mental Health Awareness Month**. Read through this newsletter to hear about the events Mentis will put on this month and how you can get involved!

And, this month's newsletter contains something extra special: **our very first Teens Connect corner!** Scroll to the bottom of the newsletter to learn more about our upcoming programs and events for the teens in our community.



Blue Skies Ahead: A Celebration of Hope, Health & Community

This past Saturday, the Napa Valley community braved the rain and joined Mentis at the Wellness Campus for our annual fundraising gala, Blue Skies Ahead. The cloudy skies could not diminish the warmth in our hearts - thanks to your extraordinary generosity, **we raised over**

\$375,000, allowing us to provide critical mental health services to those who need them the most!



Mentis + Napa Valley Film Festival Screening

Join Mentis and the Napa Valley Film Festival on **May 8th at the Cameo Cinema in St. Helena** for the **West Coast Premiere** and a **special benefit screening** of 'Can't Look Away: The Case Against Social Media'.

Following the film there will be a Q&A panel, featuring Olivia Carville, the investigative reporter whose findings inspired the documentary. Then, head over to The Saint for a post-screening reception.

Tickets are \$75 and can be purchased here.



<p>MENTIS PRESENTS</p> <p>TRANSFORMING MENTAL HEALTH THROUGH LIVED EXPERIENCE-BASED LEADERSHIP</p>	
<p>WITH</p> <p>BRANDON STAGLIN CO-FOUNDER, ONE MIND</p> <p>A COMMUNITY CONVERSATION</p> <ul style="list-style-type: none"> • PRESENTATION • Q&A • REFRESHMENTS <p>THURSDAY MAY 29 5-7PM</p> <p>MENTIS WELLNESS CAMPUS 1272 HAYES STREET NAPA, CA 94559</p>	
<p>TICKETS \$5</p> <p>FOR MORE INFORMATION PLEASE EMAIL CHARLOTTE HAJER AT CHAJER@MENTISNAPA.ORG</p>	

Transforming Mental Health Through Lived Experience-Based Leadership

Join us at the **Wellness Campus on Thursday, May 29th, 5-7pm** for a special community conversation with visionary mental health advocate and leader Brandon Staglin, Co-Founder of One Mind. Brandon will give examples of how mental health leadership based in lived experience can transform solutions, services, and lives, and take questions from

the audience. Refreshments will be served.

[Tickets are \\$5 and can be purchased by clicking here.](#)

Free Community QPR Training

Join us at this **upcoming Community QPR Training on Tuesday, May 27 from 5-6:30pm at the Napa County Library** and learn how to intervene when a loved one is in crisis using the Question, Persuade and Refer method. **No RSVP required!**


96% of people surveyed after they attend a QPR training say they feel like they have the tools they need to help someone at risk for suicide.

Note: QPR is not intended to be a form of counseling or treatment

QPR Suicide Prevention Training






Open to anyone over age 18

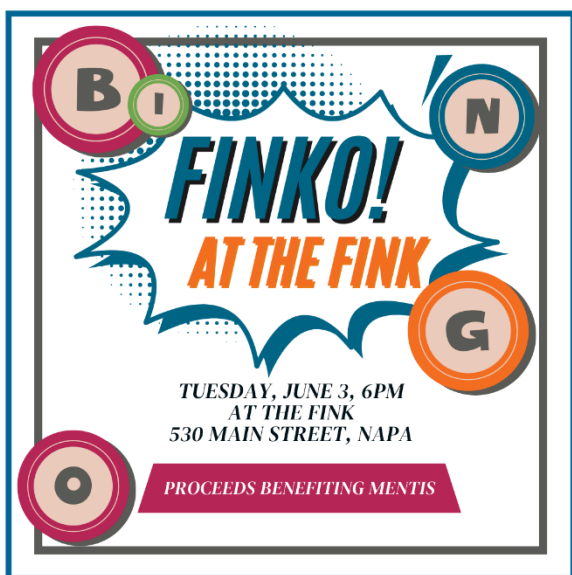
Tuesday May 27, 5-6:30pm
at the Napa County Library ~ 580 Coombs St, Napa



In this training you will learn how to:

- ~ Identify potential signs that someone is at risk for suicide
- ~ Question them around risk and offer hope
- ~ Link them to resources that will support their safety and recovery



Join Mentis at **The Fink** at **6pm on Tuesday, June 3rd** for an exhilarating night of Finko! With amazing prizes and even better company, this is a bingo night you won't want to miss. Doors open at 4pm and the games begin at 6pm. \$10 will buy you 10 games and the proceeds will be donated to Mentis to provide mental health services to people of every age and income level in the Napa Valley.

We can't wait to see you there!



Welcome to our new Teens Connect corner, where we'll share about upcoming events and activities specific to youth in Napa County. You can also find this information on [our website](#) and [Instagram page](#)!



Letter from our Teens Connect President



I'm Sofia Richart, this year's Mentis Teen Council president. I am excited to share about all the good things we have happening at our new Mentis Wellness Campus!

It's been a great year for Teens Connect, and we're looking forward to launching a summer packed with wellness programs for youth ages 12-24. Please see our flyer below and [sign up for our What's App group](#), so you can hear about events and activities as they are being created and offered.

We are also ready to open applications for next year's Mentis Teen Council. Applications are open to high school-age teens in Napa County, and can be found [here](#).

As summer comes near it can be a really exciting time, but also super stressful!! Make sure to be kind to yourself throughout your exams and carve out space for self-care. Summer can bring lots of new emotions and it's important to give space to explore them!

Sofia

Paint & Taste

Join us for a fun guided painting class with Jose Martinez from NV Painting! Jose will lead us in painting this turtle scene, which can be in any color palette you choose.

Instruction will be offered in both English and Spanish.

No experience necessary.

Beverages, Bites, & Supplies will be provided.

[RSVP Here!](#)

TEENS • CONNECT A PROGRAM OF 

PAINT & TASTE

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No experience necessary!

Beverages, Bites, & Supplies will be provided.



AGES 13-24

May 10th, 2025 at the
Mentis Wellness Campus
1272 Hayes St., Napa

6:30-9:00 PM

[CLICK HERE TO RSVP](#)
SPACE IS LIMITED!

TEENS★CONNECT

A PROGRAM OF  **mentis**



SUMMER WELLNESS PROGRAMS FOR YOUTH

*at the
Mentis Wellness Campus*

Our Summer Youth Wellness Programs offer space to pause, reflect, and reconnect. Through creative expression, peer connection, mindfulness, and wellness workshops, youth build resilience, self-awareness, and the tools to navigate life with confidence and care—all within a safe, supportive, inclusive environment where every voice is valued.

YOGA & MINDFULNESS



SPORTS

basketball, pickleball,
ping pong

WELLNESS WORKSHOPS

workshops designed around emotional, social,
physical, financial and environmental wellness

ART PROGRAMS



painting, drawing, mosaic, ceramics,
art therapy, drop in crafternoons

LIFE SKILLS CLASSES

building a budget, time management,
eating healthy, self defense, career skills



SOCIAL DROP INS

movie nights, game nights, book clubs



DROP IN SUPPORT

Mentis Therapists and Peer Counselors
available to help with life's ups + downs



MORE INFO:

VISIT: MENTISNAPA.ORG/TEENSCONNECT

FOLLOW US ON INSTAGRAM: [@TEENSCONNECTNAPA](https://www.instagram.com/TEENSCONNECTNAPA)

[CLICK HERE TO JOIN OUR WHATSAPP GROUP](#)





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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[Mentis Napa's Center for Mental Health Services](#)

1272 Hayes St Napa, CA 94559

