

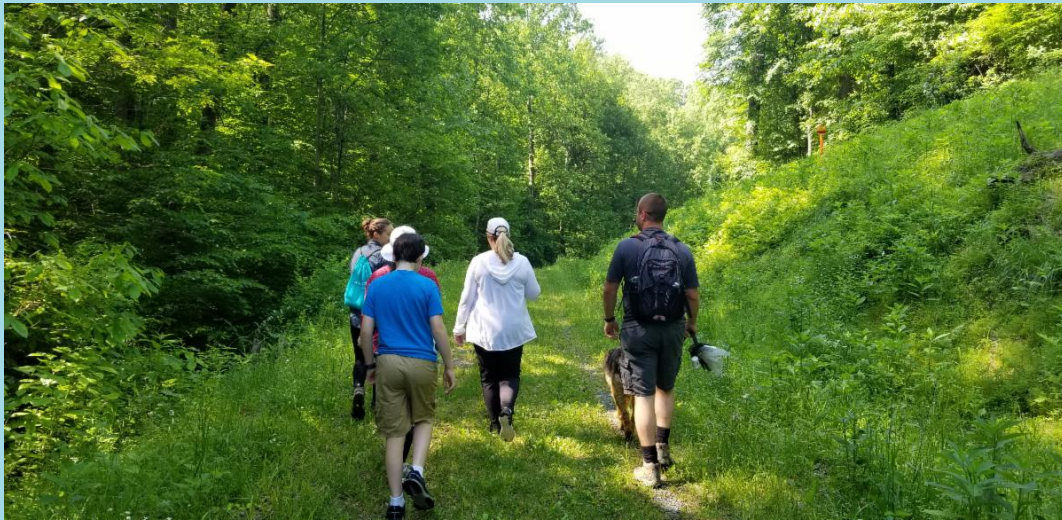
at EveryMind offer our heartfelt thanks to each and every one of them.

If you would like to learn more about EveryMind and the various programs through which you can volunteer and give back to the community, please reach out to us. We would like to meet you!

[Volunteer With EveryMind](#)

EveryMile for EveryMind

Join us May 1 through May 31, 2021



May is Mental Health Awareness Month. Please join us to raise awareness in our community, reduce stigma, and drive home the mind-body connection when it comes to achieving optimal mental wellness.

It's simple—just get out there and walk as much as you can in May. Walk your dog, take a stroll in your neighborhood, go on a hike with friends and family, or come join EveryMind representatives at a local park, so we can walk **EveryMile for EveryMind** together!

[Register to Walk for FREE](#)

There is NO COST to register. However, if you are moved to further support our mission and the people we serve, we would welcome your donation!

By giving \$100 or more as a walker—or having friends/family donate a total of at least \$100 in your name as a walker—you will receive our EveryMind branded Kit (with bag, t-shirt, face mask, camera slider, and lanyard).

[Donate OR Sponsor a Walker](#)

If your business is interested in sponsoring the event, or in opportunities for employee engagement, it's not too late!

Contact **Shaalini Stone** ssstone@every-mind.org
for more information on sponsorship levels and benefits.

Become an Event Sponsor

EveryMind In The Community

Town Hall: Supporting Your College Student/Young Adult During the Pandemic

Tuesday, May 4th,
from 7:00pm to 8:00pm

Moderated by **Dr. DeRionne P. Pollard**, *President Montgomery College*



According to the CDC, three out of four Americans between the ages of 18 and 24 report poor mental health tied to the pandemic. EveryMind is hosting a virtual town hall focused on fostering the mental wellness of young adults. A panel of experts will discuss:

- How to best support college students/young adults during times of increased stress and anxiety
- How to identify key signs and symptoms
- Tips on planning for the future during the pandemic

Participants may join via [Zoom](#) or FaceBook Live [@EveryMindInc](#)

Virtual Town Hall Registration

Confronting Barriers to Mental Health & Addiction Services

Thursday, May 6th
from 6:00pm to 8:00pm

We look forward to your participation in Montgomery County's 2021 Spring Forum! This year's focus is on Equity, Isolation, & the Digital Divide, and how they impact mental health, substance use, & children's services. Speakers will address COVID-19 as it relates to these



Enfrentando las Barreras para los Servicios de Salud Mental y Adicción
Equidad, Aislamiento y Desigualdad de Acceso a la Tecnología

martes 6 de mayo
 6 - 8 PM EST en Zoom

Presentaciones de:

- Dr. Alan Leshner, Antiguo Director, Instituto Nacional sobre el Abuso de Drogas
- Elizabeth Guroff, Consejo Nacional para la Salud Mental
- Donna Keating, Programas de Participación Comunitaria y Equidad de Acceso a la Tecnología del Condado de Montgomery

-Haga preguntas a los presentadores durante la sesión en vivo de Preguntas y Respuestas

Inscríbese [aquí](#) para asistir a este evento virtual GRATUITO

Para solicitar un intérprete de idiomas u otras adaptaciones, por favor comuníquese antes del 20 de abril a: diane.lininger@montgomerycounty.md.gov

Patrocinado por:
 el Consejo Asesor de Abuso de Alcohol y Otras Drogas, Comité Asesor de Salud Mental, y Panel de Revisión Ciudadana para Niños

topics, as well as possible future directions for treatment services.

The event will feature 3 guest speaker presentations, followed by a live Q&A with them:

- Elizabeth Guroff**, National Council for Behavioral Health (NCBH)
- Dr. Alan Leshner**, former Director of the National Institute on Drug Abuse (NIDA)
- Donna Keating**, Montgomery County Community Engagement and Digital Equity Programs

Register Here for FREE

Para asistir a este evento virtual gratis, inscríbese [aquí](#)

Hoja de Información en Español

ServingTogether Regional Expansion

Central Maryland Veterans Collaborative Launching Tuesday, May 11

Thanks to the support of the Harry and Jeanette Weinberg Foundation, EveryMind's **ServingTogether** is pleased to announce that our care-coordination services and unique collaborative model are expanding into Baltimore and the Central Maryland region.

The Central Maryland Veterans Collaborative will launch on Tuesday, May 11th, and will then take place quarterly. The format will be an informal and inclusive meeting with representation from across the region - nonprofits, service providers, veterans' service organizations, and local government - to ensure that services are not being duplicated, and military and veteran families receive the best possible information and access to care and benefits.

Celebrate with us as we work to collectively coordinate efforts across Central Maryland.

Tuesday, May 11, 2021
 1:00 pm - 2:30 pm

Register HERE



CENTRAL MARYLAND VETERANS COLLABORATIVE

You're Invited to Our **REGIONAL LAUNCH**

ServingTogether is excited to announce our expansion to Central Maryland! In an effort to build a more cohesive veteran landscape throughout the region, we will celebrate this growth on May 11th.

We also plan to share resources, celebrate wins, learn together, and build relationships.

TUESDAY, MAY 11TH, 2021
 1PM - 2:30PM

REGISTER HERE:
[HTTP://BIT.LY/CENTRALMDVETS](http://bit.ly/CENTRALMDVETS)

Open to All - Please Help Us Spread the Word!

Questions?
 Contact Kate in HR - kate@everymind.org

ServingTogether. Connecting Veterans. A program of EveryMind.
 MARYLAND'S COMMITMENT TO VETERANS
 We gratefully thank The Harry and Jeanette Weinberg Foundation

Join Our Team!



EveryMind is growing to meet the increased demand for services in our community.

Learn about our open positions, share in your networks, and help us find awesome people to help fulfill our mission!

[Apply HERE!](#)

Be Our Ambassador

If you know anyone who needs a listening ear, or is in crisis, refer them to us via

Hotline: 301.738.2255.

Chat: www.everymind.org/chat/

Text: 301.738.2255



For cutting edge news and articles on mental health issues and initiatives, follow us on social media, like, and share our content.

Follow, Like, and Share:



Need Help/Support/Resources?

Call or Text: 301.738.2255

Chat: Every-Mind.org/chat/

ServingTogether Veteran Peer Navigator : 1.855.738.7176

[Sign-up](#) for the EveryMind newsletter.

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Your mental wellness.
Our mission.