Celebrating Our Volunteers During National Volunteer Week

Most nonprofits simply could not function without their volunteers. From serving as board members, to delivering critical services to the community, volunteers infuse the nonprofit world with the very lifeblood that enables them to carry out their vital work.

The Greek philosopher Aristotle once claimed that the essence of life is “to serve others and do good.” We at EveryMind are so fortunate to have a strong community of volunteers and interns who embody this very ideal. In 2018, AmeriCorps reported that over 77 million, or 30% of the US population, volunteered a stunning 6.9 billion hours. A recent study in 2020 found that 52% of Americans surveyed said they volunteered for the very first time during the pandemic, which suggests the global crisis has opened our eyes to the importance and rewards of volunteering, motivating even more people to do so.

As nonprofits faced unprecedented financial and logistical challenges last year, our volunteers stepped up to provide essential support to the vulnerable by answering hotline calls, delivering food, aiding the homeless, helping isolated seniors, and much more.

The generous contribution of our volunteers' time, energy, and passion have made it possible for us to meet the increased demand for our services since the pandemic first started. Our 400 trained volunteers and interns provided 26,891 hours of service and helped staff find new ways to respond to the immediate needs of the community, ensuring that every client’s mental wellness was supported. The dedication and engagement of our volunteers has been nothing less than heroic. It is with tremendous gratitude that all of us
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 sstone@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
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, inscribase [aqui](#)

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](#)
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.every-mind.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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