



Empowering Individuals and Strengthening Communities

Mental Health & the Black Community

Black history is our shared American history. As we celebrate Black History Month, EveryMind remains committed to acknowledging and addressing racial inequities in access to mental health care and treatment. While working to establish a more racially just society for the sake of



our entire nation's well-being, we can and must meaningfully improve the lives of all Americans by encouraging those who are struggling to seek treatment, and by supporting their equitable access to mental health services. Statistics reveal that Black Americans face several cultural and systemic barriers to accessing mental health care. Long-held beliefs related to stigma, psychological openness, and help-seeking often prevent those with demonstrated need from seeking treatment. The lack of Black behavioral health practitioners and therapists who take insurance are also contributing factors. Black history exemplifies resilience and triumph. It is EveryMind's hope that, inspired by that same spirit, we as a society can overcome these structural and cultural impediments to move forward in progress and mental wellness for all Americans.

Black Mental Health Resources

[Black Mental Wellness](#)

The mission of Black Mental Wellness, Corp. is to provide access to evidence-based information and resources about mental health and behavioral health topics from a Black perspective, to highlight and increase the diversity of mental health professionals, and to decrease the mental health stigma in the Black community.

[Black Mental Health Alliance](#)

To develop, promote and sponsor trusted culturally-relevant educational forums, trainings and referral services that support the health and well-being of Black people and vulnerable communities.

[Boris Lawrence Henson Foundation - Black Teens and Young Adults, Let's End the Stigma](#)

The Boris Lawrence Henson Foundation's vision is to eradicate the stigma around mental health issues in the African-American community. Our mission is

to provide support and bring awareness to mental health issues that plague our community.

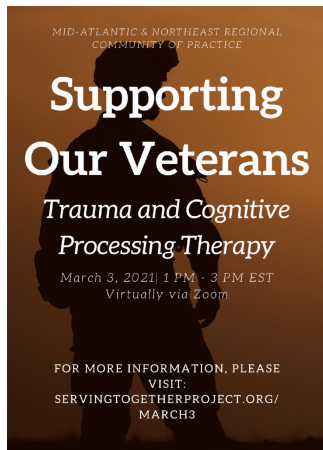
Therapy for Black Girls

The Therapy for Black Girls Podcast is a weekly chat about all things mental health, personal development, and all the small decisions we can make to become the best possible versions of ourselves. So often the stigma surrounding mental health issues and therapy prevents Black women from taking the step of seeing a therapist. This space was developed to present mental health topics in a way that feels more accessible and relevant.

For a comprehensive list of resources, please click below to visit our website:

Black Mental Health Resource Guide

EveryMind In The Community



Supporting Our Veterans: Trauma and Cognitive Processing Therapy

Wednesday, March 3rd 1:00 to 3:00pm

Attention Network Providers!

We are excited to share a **FREE** upcoming professional development training opportunity.

Those working with, or supporting, military and veteran populations are welcome to attend.

More information on how to register, visit: <https://servingtogetherproject.org/march3>

Central Maryland Veteran Strategy Session

Tuesday, March 9th
1:00 to 2:00pm

In collaboration with Maryland's Commitment to Veterans, ServingTogether is hosting a virtual strategy session on Tuesday, March 9th at 1pm. With the help of a human-centered design approach, ServingTogether hopes to leverage the valuable input of local community providers and chart a path forward toward a cohesive veteran and military landscape in Central Maryland. We have a vision for collective impact throughout the region, and want to ensure that diverse perspectives and experiences help drive our process!

For more information or to register please click <https://bit.ly/MDStrategySession>



JOIN US VIRTUALLY FOR A

CENTRAL MARYLAND VETERAN STRATEGY SESSION

In an effort to build a more cohesive veteran landscape across Central MD, join local community organizations for a guided discussion and planning session. We'll discuss our strengths and opportunities, and chart a path forward towards ongoing collaboration.

TUESDAY, MARCH 9TH, 2021
1PM - 2PM

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

Questions? Contact Katie Kilby - kkilby@every-mind.org

MARYLAND'S
COMMITMENT TO
VETERANS

ServingTogether.
Connecting Veterans.
A program of EveryMind.
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Train With Us

EveryMind recognizes that trauma, and secondary trauma, are impacting the National Capital Region right now. If you are interested in a training on how to recognize the signs and symptoms of secondary trauma, please connect with our **Education Team**.



Secondary trauma can occur if you are a professional who works in high-stress and trauma-exposed fields (child abuse investigators, prosecutors, judges, therapists, health care professionals, animal shelter workers and many others), or if you are a civilian who does not work in high-trauma fields, but is deeply impacted by repeated exposure to stories (graphic news accounts and detailed sharing of others' traumatic events). Let **EveryMind** come and address your teams on what secondary trauma looks like, and what you can do about it.

Please fill out the Education Request Form on our website and we will follow-up with you to discuss training options:

[Education Request Form](#)

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/](https://www.everymind.org/chat/)

ServingTogether Veteran Peer Navigator: 1.855.738.7176

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

EveryMind. | 301.424.0656 | [Every-Mind.org](https://www.everymind.org)

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