



Empowering Individuals and Strengthening Communities

**April is Stress Awareness Month**



**UNIVERSITY OF MARYLAND  
GLOBAL CAMPUS**



## **ServingTogether Guides the Way to Resources for Military and Veteran Community**

University of Maryland Global Campus Office of Veterans Initiatives  
and Outreach Interview with ServingTogether on Supports to Reduce  
Veteran Stress

There comes a time when everybody needs some help with stress, and there are just so many different agencies out there that can help in so many ways. It doesn't have to be clinical. A lot of people think about getting mental health aid as a clinical situation, but it doesn't have to be. There are many opportunities for people to seek this aid, and we can do it very easily for veterans and for the community. Everybody

needs a hand from time to time, and I would highly advise people to just take that step and go find that assistance, because it's out there.

- Jason Marshall, Marine Corps Veteran & ServingTogether Regional Manager

[Read the Full Interview](#)

[Get Connected to ServingTogether](#)

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Join us in May to support Mental Health Awareness Month!



Get involved with EveryMind's month-long fundraiser campaign to walk at a different Montgomery Parks' trail and at trails in Northern Virginia, Washington DC, and Prince George's County throughout May. Our kickoff on May 6th is a no-cost fun-filled event for the whole family!

Join us to raise funds for mental health awareness, reduce stigma, and demonstrate the positive effects of physical health on mental wellness!

[Register to walk](#)

Donate Now

Sponsor Walker

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## Education Training Events

# YOUTH MENTAL HEALTH FIRST AID (YMHFA) TRAINING

### WHAT YOU'LL LEARN

- Common signs and symptoms of youth mental health challenges
- Common signs and symptoms of substance use challenges.
- How to interact with a child or adolescent in crisis.
- How to connect the youth with help.
- Expanded content on trauma, substance use, self-care and the impact of social media and bullying.

### DATE/TIME

Friday, May 19, 2023  
9 am to 4 pm

### LOCATION

Virtual (on Zoom)  
instructor-led training

### REGISTER HERE



### QUESTIONS ?

Emma Kirschner,  
ekirschner@every-mind.org

**EveryMind.**  
Your mental wellness.  
Our mission.

Register

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# Navigating Behavioral Health on May 11th

**Navigating Behavioral Health Services**  
in Montgomery County, MD

Thursday, May 11, 2023  
6:30-7:30pm  
Virtually on Zoom

[Click here or use the QR code to register.](#)

**We will cover:**

- Types of behavioral health professionals
- Scheduling an appointment with a behavioral health professional
- How to access services if you do not have insurance or are underinsured
- Crisis resources

Contact Emma Kirschner at [ekirschner@every-mind.org](mailto:ekirschner@every-mind.org) with questions.

In partnership with ...

HC HOLY CROSS HOSPITAL  
MedStar Health

Adventist HealthCare  
EveryMind.  
Your mental wellness. Our mission.

**Como navegar los servicios de salud mental**  
en el condado de Montgomery

Jueves, 11 de mayo de 2023  
6:30-7:30pm  
Zoom virtual

[Haga clic aquí o use el código QR para registrarse](#)

**Participe para aprender sobre:**

- Los diferentes tipos de profesionales que se especializan en la salud mental
- Como hacer una cita con un profesional de la salud mental
- Cómo acceder a los servicios si no tiene seguro médico o la cobertura es insuficiente
- Los recursos cuándo hay una crisis mental

Este programa será en inglés con traducción simultánea al español.

Contacte a Emma Kirschner al [ekirschner@every-mind.org](mailto:ekirschner@every-mind.org) con preguntas.

En colaboración con ...

HC HOLY CROSS HOSPITAL  
MedStar Health

Adventist HealthCare  
EveryMind.  
Your mental wellness. Our mission.

This event is open to the public in collaboration with Montgomery County Goes Green, but anyone may join from the surrounding area.

[Register](#)

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**Learn More About Education Opportunities for Your Community**



Do you have a school, parent group, place of worship, workplace, or community group that is looking for ways to train and support youth mental health and crisis prevention? Take a look at our menu of trainings that can be customized to your group in a variety of languages and modalities.

## Youth Mental Health Trainings Menu

### Education Request Form

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## Nourish Yourself and the Community

**The bag  
that keeps  
on giving.**



**Buying this bag  
gives us \$1.**

**Shopping with  
this bag saves  
the environment.**

**Giving this bag  
shows how much  
you care.**



**Community Bag Program**

**GIANTFOOD.2GIVELocal.COM**

We'll receive \$1 for every purchase of this \$2.50 Community Bag at our local Giant Food during our selected month.

During April, EveryMind will receive \$1 from every \$2.50 Community Bag sold at:

**Giant Food**

**625 Hungerford Drive, Rockville MD**

Stop by the store to support our work!

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# We Are Hiring!



Come join the team at [EveryMind](#), recently recognized as one of **Bethesda Magazines 2022 Top Places to Work!** We offer a positive workplace culture, a competitive compensation package, and great lifework balance.

Currently hiring for:

1. Homeless & Housing Services Director
2. Homeless Diversion Specialist *\*New Position!*
3. SSI/SSDI Outreach, Access, and Recovery (SOAR) Case Manager
4. Mental Health Educator, AmeriCorps Member Fellowship

Learn more about these and other ways to join the EveryMind team!

[Apply Here](#)

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Follow, Like, and Share:



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Need Help/Support/Resources?

Call or Text: 988 or 301.738.2255

Chat: [Every-Mind.org/chat/](https://www.everymind.org/chat/)

Serving Together Veteran Peer Navigator: 1.855.738.7176

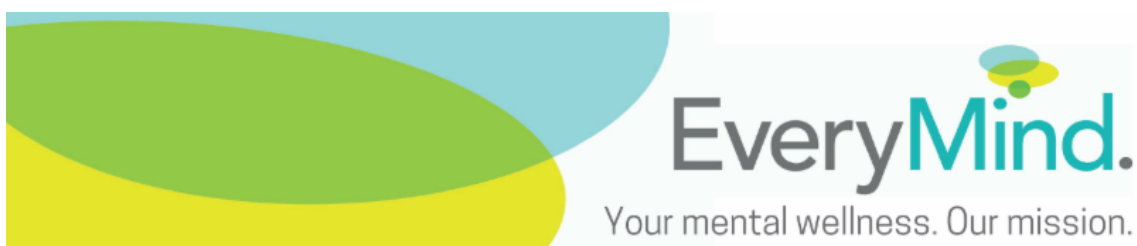
Sign-up for the EveryMind newsletter.

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

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EveryMind, 1000 Twinbrook Parkway, Rockville, Maryland 20851, USA

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