April is Stress Awareness Month

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

Get the Full Interview

Get Connected to ServingTogether

Join us in May to support Mental Health Awareness Month!

EveryMile for EveryMind

Join your family & friends in a walk for mental health!

MAY 1-31

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
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,
ekirshner@every-mind.org

EveryMind.
Your mental wellness. Our mission.

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

Nourish Yourself and the Community

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!
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

Follow, Like, and Share:

Need Help/Support/Resources?
Call or Text: 988 or 301.738.2255
Sign-up for the EveryMind newsletter.