

## From The Frontline: EveryMind's 988 Hotline Counselors



On July 16<sup>th</sup> 2022, the first nationwide three-digit phone number for mental health and substance use crisis support launched. The number, **988**, built on the existing Lifeline Network, gives people in distress an easy phone number to reach out to when help is needed. EveryMind is one of the eight accredited centers across Maryland who responds to **988**/Lifeline calls, texts and chats.

Six months since launch, we can confidently say **988** is a valued and needed resource. Our Hotline continues to see a rise in the number of calls coming in - nearly double compared to the same time last year. Texts and chats have increased more than 300%.

On the Hotline, we are particularly aware of the rapid rise of contacts coming from youth - 80% of chat and text users are 10-24 years old.

Empathy and compassion drive many Hotline Crisis Counselors to work every day, no matter how heartbreaking some of the stories are on the other end of the line. "I love that I know for a fact I am doing good in my community. Good call or not, I know I was there to pick up the phone and make the difference. That's worth a lot to me," said a Counselor. Another Counselor chimed in, "it is very interesting to interact with such a diversity of people, gratifying to support people, gratifying to connect with people. It's just nice to feel how compassion and curiosity between caller and Counselor can bond us."

Together as a community, we will fight the scourge of this mental health crisis and strive toward a future where everyone's mental wellness is a priority. Every mind matters. The accessibility of **988** makes our mission more achievable.

## Education Training Events



### **Beyond Self-Care: Resilience and Wellbeing**

**February 14th from 12pm to 1pm via Zoom**

What are the building blocks of wellbeing? And is it possible to strengthen these in ourselves and others? What should we focus on to flourish in life? The field of Positive Psychology provides a research supported theory to promote wellbeing by focusing on what is good, instead of what is bad. This training provides participants with an introduction to the P.E.R.M.A. model of wellbeing and practical strategies to incorporate the framework into their daily lives.

Participants will learn:

- Definitions of resiliency and wellbeing
- The impact stress and trauma can have on wellbeing
- The P.E.R.M.A Theory of Wellbeing
- Body-centered mindfulness and gratitude practices

[Register Here](#)

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### **Youth Mental Health First Aid for Residents of Montgomery County**

**February 10<sup>th</sup> from 9am to 4pm via Zoom.**

**\*Participants must complete 2 hours of pre-work before attending the instructor-led session\* \*Must register before February 3<sup>rd</sup>\***

Youth Mental Health First Aid (YMHFA) is a course designed to teach adults who regularly interact with youth (age 12-18) how to help an adolescent who is

experiencing a mental health or addiction challenge or is in crisis. Participants will learn about common mental health challenges for youth, risk factors and warning signs for mental health and addiction concerns for adolescents, strategies for how to help adolescents in both crisis and non-crisis situations, and where to turn for help. Includes 2 hours of self-paced pre-work followed by an instructor-led course via zoom.

[Register Here](#)

(Space is limited, register today!)

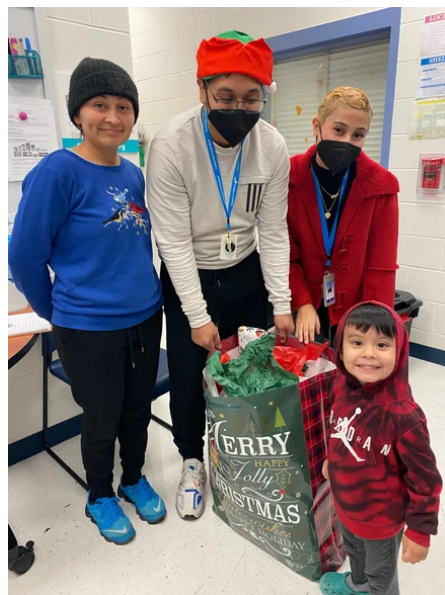
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## EveryMind Spreading Joy in the Community

EveryMind's **Linkages to Learning** team joined with our partners to spread holiday cheer to families through gift giving and food distribution.



Thank you to our partners at **MedStar Health** for making the holiday season at **Harmony Hills Elementary School** extra special!



Kids at **Viers Mill Elementary School** were all smiles and joy during December's

holiday gift distribution.



Montgomery County Police Department officers paired up with kids at Target for the annual *Heroes and Helpers* event.

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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. Grants Manager
2. Adult Case Management Director
3. Case Manager, Homeless Street Outreach
4. Service Coordinator, Formerly Homeless Program
5. Linkages to Learning Director

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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/)

ServingTogether Veteran Peer Navigator: 1.855.738.7176

Sign-up for the EveryMind newsletter.

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