



Empowering Individuals and Strengthening Communities

It's BIPOC Mental Health Awareness Month!



“We cannot afford to be color blind. We have to be color brave.”

—Melody Hobson, TED Talk

BIPOC Mental Health Awareness Month is observed every July to recognize the unique mental health needs and challenges of historically disenfranchised ethnicities in the United States. Black, Indigenous, and other People of Color (BIPOC) have long experienced barriers to accessing mental health care support and services—language barriers and cultural differences; socio-economic disparities; stigma and fear, legal and immigration status; and provider bias resulting in inadequate treatment.

EveryMind is committed to equitable access to mental health services for every race, culture, and identity, regardless of legal status. If you are struggling with anxiety or depression, you don't have to do so alone or in silence - come speak to us! If you're worried for a friend or family member, reach out to us on the hotline and we can coach you on how to get the conversation started with the right tone and language that could inspire them to seek help. We are here for you, too, so you can be there for those you love.

[EveryMind Hotline](#)

Call or Text: 301.738.2255

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

BIPOC Resources

[For more resources, visit EveryMind's Resource Pages:](#)

Black Mental Health Resources

Indigenous Mental Health Resources

Asian American Pacific Islander Resources

Celebrities Open Up About Mental Health

Over the past few months we have seen several celebrities and sports figures speak openly about their mental health struggles - **Naomi Osaka**, **Ryan Reynolds**, **Britney Spears**, **Prince Harry**, and **Aaron Rodgers**. We applaud their courage and willingness to use their platforms to openly address and normalize mental health challenges.

EveryMind has been doing the vitally important work of de-stigmatizing mental health for 64 years. By sharing their stories and their struggles with the world, celebrities and professional athletes shine light on mental health from a place of strength and vulnerability. These public figures continue the critical work of reducing stigma and inspiring others to seek help and support.

You can be strong and vulnerable, too. There is no need to be alone. Help is just a phone call or text away. We are here to listen, offer support, and guide you to resources that will help you navigate your way to mental wellness.



EveryMind Needs You!

Want to contribute to the mental health needs of your community, but don't know where to start? Join our information session on the volunteer positions open at **EveryMind**. We have several different programs in need of your time and skillset.

Attend our info session and learn more about how you can make a real impact in your community.



**July 27th
11am to 12pm**

All are welcome. Hope to see you there!

Register for the Volunteer Info Session

An article in last month's **Bethesda Beat** covered [EveryMind's Crisis Prevention and Intervention Services \(CPIS\) team](#). Given the increase in call volume to our hotline, we are in constant need of hotline specialists to meet the needs of our community. Our next hotline training session begins on **August 19th!** If you are interested in learning more about this opportunity, please visit our volunteer page OR employment page and register for the August 19th training session.

CPIS Volunteer Schedule & Application

All those who pass training are immediately certified and can begin supporting the hotline as a volunteer. In addition, certified hotline specialists who meet criteria for part-time or limited part-time employment will be eligible for paid positions. Please see our Employment page for more information about paid positions with our hotline.

Representative David Trone Proposes Federal Funding for Mental Health Services

EveryMind is thrilled that the **FY22 Labor, Health and Human Services, Education Appropriations Bill** includes EveryMind's Community Project Funding Request for Crisis Prevention and Intervention Services. We are grateful to Representative David Trone and his office for proposing this important bill that provides federal funding for local mental and behavioral health resources, and for recognizing the importance of

EveryMind's work in suicide prevention, reducing the stigma around mental health, and addressing inequities in access to mental health services and support throughout the National Capital Region.



David Trone Press Release

Join Our Team!

ARE YOU AWESOME?
WE'RE HIRING!

Apply [HERE!](#)

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!

Currently hiring for:

- **Hotline Specialist**
- **Mental Health Therapist**
- **Office Manager**
- **Human Resources Generalist**

And more!

Be Our Ambassador

Follow us on social media to stay up-to-date on the latest news and articles about mental health issues and initiatives.

Like and share our content to amplify the message and EveryMind's mission.



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.

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