



Empowering Individuals and Strengthening Communities

Celebrate PRIDE Month!

This Pride Month, EveryMind recognizes and celebrates the valuable contributions of LGBTQ+ individuals within our community and across the country. While progress has been made, more work is needed to ensure true equality



and acceptance. We continue to see spikes in violence against transgender people—especially transgender women of color—bullying of youth who don't conform to gender norms, and the harsh reality that in many states across the nation, protections for the fundamental rights of LGBTQ+ individuals are denied. Such exclusion, discrimination, and active targeting leads to disproportionate risk of depression, anxiety, self-harm, and suicidal ideation - especially among vulnerable youth.

EveryMind's trained mental health professionals and specialists are here to provide education, supportive listening, and resources to support LGBTQ+ adults, youth, and family.

[EveryMind Hotline](#)

Call or Text: 301.738.2255

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

LGBTQ+ Resources

<https://rainbowfamilies.org/>

Rainbow Families supports, educates and connects lesbian, gay, bisexual, transgender, and queer (LGBTQ+) families, parents and prospective parents by offering a wide variety of education programs, support groups, opportunities

to connect and more.

<https://casaruby.org/>

A multicultural, bilingual, LGBTQ safe space providing food, shelter, and numerous other health-related services.

<https://www.thetrevorproject.org/>

Founded in 1998 by the creators of the Academy Award®-winning short film TREVOR, The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, queer & questioning (LGBTQ) young people under 25.

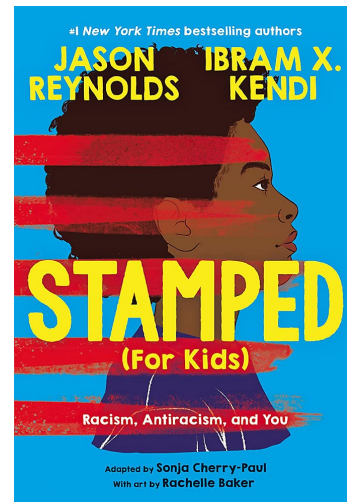
[For more resources, visit our LGBTQ+ Resources Page:](#)

LGBTQ+ Resources

Juneteenth Outreach Event

EveryMind remains committed to fighting racism, and we are excited to witness the historic signing of legislation establishing Juneteenth as a federal holiday in the United States.

In honor of Juneteenth, EveryMind is engaging in an outreach project to spread awareness, spark conversation, and educate the community about systemic racism. Copies of the book *Stamped (For Kids): Racism, Antiracism, and You* have been purchased for staff. Each staff member has been given two copies--one to keep and read, the other to share as they sit (with a neighbor, library, school, faith-based resource center, etc.). As they read and share the book, staff will post their quotes, stories, reactions, and pictures to social media using the hashtag **#EveryMindJuneteenth2021**, so that we can come together as a community and amplify the message of *Stamped*.



Our Hotline Needs You!



A recent [Bethesda Beat article](#) covered EveryMind's Crisis Prevention and Intervention Services team. In the past year, call volume to our hotline increased by 30%, indicating the increased demand for

both mental health support and for volunteers to answer calls and offer supportive listening and comfort to those in need.

Restoring community mental wellness in the wake of the COVID-19 pandemic recovery is crucial in helping ensure our “new normal” is a better one. The

mental health support services necessary to assist people through this transition and help them re-establish normalcy is directly dependent upon mental health organizations having both the financial resources and increased workforce to meet the new challenges ahead.

Visit our website to learn how you can support community mental health. Please consider sharing your time and talents by becoming a volunteer, or by making a donation, so we can continue to meet the demand. We simply cannot do this work without you!

[Volunteer](#)

[Donate](#)

Thank you to all who participated in EveryMile for EveryMind!

During the month of May, over 200 people registered to walk and hike with us in-person on Montgomery Parks' trails, and virtually throughout their neighborhoods, to reduce stigma and raise mental health awareness!

We thank all of our registered walkers, walk leaders, contributors, and sponsors of [EveryMile for EveryMind](#). Together we raised over \$48,000 for community mental health services!



VIATRIS™

TKR Toole
Katz &
Roemersma

A Adventist
HealthCare



SUBURBAN HOSPITAL
JOHNS HOPKINS MEDICINE



SAGGAR & ROSENBERG, P.C.
Assurance • Tax • Consulting

EAGLEBANK

GLAZER | HONIGMAN | ELLICK
A Professional Limited Liability Company



CareFirst.



- Atlantic Services Group
- Borger Management
- Goodman-Gable-Gould/Adjusters International
- Holy Cross Health
- HUB International
- Jeffrey & Stephanie Holtzman/AIM

- Anne & Scott Hefter
- Deloitte
- Ledo's Pizza Wheaton
- Sarah McKechnie

**Have Amazon Give to EveryMind
Every Time You Shop!**

Switch to Smile and do
some good with your
shopping this Prime Day!

Whenever you shop at
smile.amazon.com, you will

find the exact same shopping items, with the added benefit that Amazon will donate 0.5% of your eligible purchase to the charitable organization of your choice, at no cost to you.



**Amazon Prime Day
is June 21-22!**

Shop AmazonSmile and Select EveryMind

Join Our Team!



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:

- **Mental Health Therapist**
- **Community School Coordinator**
- **Human Resources Generalist**

And more!

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)

DONATE

VOLUNTEER

CONNECT



EveryMind.
Your mental wellness.
Our mission.