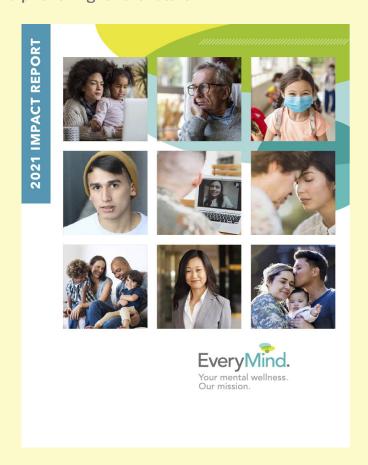# InMind.
Empowering Individuals and Strengthening Communities

Thank You For Helping Us Make An Impact!

The well-being of our community remains at the heart of all we do at EveryMind. We are proud to publish our FY21 Impact Report and share how we continued the critical work of supporting individual and collective mental health as we adapted and rose to meet the escalating needs of the community. Read to learn how we are planning and prioritizing for the future.

2021 IMPACT REPORT

EveryMind.
Your mental wellness.
Our mission.

Together we provided support and education to over **34,000** people

40%
increase in individuals served

30,657
hotline calls, texts, and chats answered

11,388
students and their families received counseling, case management, and program

support

1,900
hours of homeless street outreach

2,266
unique needs met for veterans, service members and their families

Full Impact Report

We could not sustain our programs without the generous support of our donors, sponsors, and partners for whom we are grateful.

Join us in the mission to strengthen our communities and empower individuals to reach optimal mental wellness.

DONATE

EveryMind Voted Top Place to Work!

2021
TOP
PLACES
TO WORK
Bethesda
MAGAZINE

EveryMind is honored to be one of 16 organizations recognized as a **Top Place to Work** in the November/December issue of *Bethesda Magazine*.

"The Bethesda area has many great companies and many great employers," said Steve Hull, co- founder and former editor and publisher of Bethesda Magazine. "The companies in our 'Top Places to Work' list have attitudes and policies that make employees want to work and stay there."

If you are mission-driven and passionate about community mental health, check out our open positions and submit your application.

Join Our Team!

FREE Self-Care Workshop

You're Invited
to a workshop on

"Improving Your Well-being through Self-Care"

November 4th, 2021
1:00 – 2:00pm

As we prepare for a busy holiday season, it is important to take a moment and focus on our own self-care, which is vital for our overall well-being. This workshop focuses on providing the knowledge and skills to help you develop a self-care plan. Learn strategies and activities to help you and loved ones cope with stress and improve mental, emotional, and physical health.

Participants will learn:
• Definitions of stress, burnout, and self-care
• The impact self-care can have on your overall well-being
• Proven self-care strategies
• How to develop your own self-care plan

Presenters:

Alyssa Sanders
LCSW-C, MA

Leah Schwartz
LCSW-C, MSW

Register TODAY!

Presented by:

Adventist HealthCare

HC HOLY CROSS HEALTH

MedStar Montgomery Medical Center

SUBURBAN HOSPITAL
JOHNS HOPKINS MEDICINE

in partnership with **EveryMind**

Mental Health EXPO at MCPS

MCPS and the Montgomery County School Psychologists' Association (MCSPA) are hosting a free virtual event in November to give youth and families the opportunity to hear from mental health experts on issues that are important to them. This weeklong expo features daily themes, dynamic speakers, and informational videos, as well as three live events: a Waymaking Special on Student Mental Health, a Careers in Mental Health information session, and a Resource Fair and Q&A session on Saturday, November 13. Sessions are available in multiple languages.

EveryMind's Rachel Larkin will be taking part in the Resource Fair & Q&A Session on **November 13th, from 12:00 - 1:30pm**.

All Community Members are Invited to Join Virtually

Please visit the event page for more details and to access the live sessions.

MCPS Expo

Become an EveryMind Volunteer!

As a **Representative Payee Volunteer** you will spend 5 hours a month assisting low-income Montgomery County residents who have a disability or mental illness with managing their federal benefits, routine budgeting, and bill paying. No financial expertise is needed. Volunteers must be 21 years or older.

Wednesday, November 17th at 1pm

Rep Payee Training Registration

Become a **Friendly Visitor Volunteer** and play a critical role in the lives of older adults in the community by visiting individuals who may be isolated and lonely. Matches are made based on the volunteer and client's geographic location, shared interests, and backgrounds. Volunteers visit once a week for an hour to share stories and check-in. Must be 21 years or older.

Apply to be a Friendly Visitor

Shop Early & Switch to Smile

Supporting EveryMind while you shop is easy! 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.

Shop AmazonSmile and Select EveryMind

Shop Walgreens & Support EveryMind

At Walgreens, you earn unlimited 1% Walgreens Cash rewards every time you shop. **You can donate your myWalgreens Cash rewards to EveryMind now thru November 30, 2021**. You choose how much to donate. Whether you contribute $1, $5, or more of your Walgreens Cash rewards, you'll make a huge difference in your community.

Sign up at myWalgreens.com
OR download the Walgreens mobile app to enroll

Remember to share the **EveryMind** and **myWalgreens Donation Program** with family, friends, colleagues, and neighbors.

Follow, Like, and Share:

DONATE	VOLUNTEER	CONNECT

EveryMind.
Your mental wellness.
Our mission.