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.

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
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!

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!
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
**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.

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**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:

[Social media icons]

Need Help/Support/Resources?

Call or Text: 301.738.2255
Chat: Every-Mind.org/chat/
ServingTogether Veteran Peer Navigator: 1.855.738.7176

Sign-up for the EveryMind newsletter.

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