



Empowering Individuals and Strengthening Communities

## Do Your Part To Prevent Suicide

Suicide effects everyone—survivors, loved ones, and the wider community. We can all help one another by offering support, raising awareness, and taking direct action to help save a life.

The campaigns below outline what you can do to prevent suicide, promote healing, and offer hope.

Learn more about the five action steps for communicating with someone who may be suicidal. This website was designed with Montgomery County teens and families in mind. Go through these steps when you know someone is struggling and want to help.



**EveryMind** is a core center for the National Suicide Prevention Lifeline.

Please reach out to us for support— for yourself, or for a loved one. We have the resources and crisis prevention and intervention specialists to guide you via phone, text, and chat.



# NATIONAL HISPANIC HERITAGE MONTH

## September 15th - October 15th is National Hispanic American Heritage Month

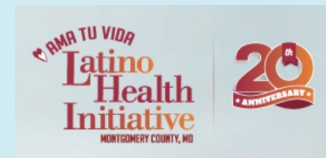
EveryMind joins in honoring generations of Hispanic Americans who have positively influenced and enriched our nation.

In celebration and recognition of the many fellow programs, resources, and partners who serve our Hispanic Community, visit the organizations below and learn more.



The Hispanic Heritage Foundation identifies, inspires, prepares, and connects Latino Leaders in the community, classroom, and workforce.

LHI's mission is to improve the quality of life of Latinos living in Montgomery County by contributing to the development and implementation of an integrated, coordinated, culturally and linguistically competent health wellness system that supports, values, and respects Latino families and communities.



LAYC remains committed to meeting youth's immediate needs and providing virtual program services and supports such as safe housing, food, mental health, and virtual learning opportunities.

Led by Dr. Ligia Peralta, Casa Ruben is a Maryland-based nonprofit dedicated to providing accessible, no-cost vaccinations and health care through community-based clinics and partnerships with local food distribution efforts.



Visit the [EveryMind](#) website for Mental Health Resources for the **Hispanic and Latinx Communities**

**Hispanic & Latinx Mental Health Resource Guide**

**FREE Movie Screening of *Angst***



## Virtual Screening

followed by a Panel Discussion moderated by Dr. Debra Bright,  
*Associate Dean of Student Success and Rockville Student Affairs, Montgomery College*

**September 30th, 2021**

**6:30 – 8:00pm**

### Panelists:

Elise Resnick, *Mental Health Therapist, EveryMind*

Ned Johnson, *Co-Author, The Self-Driven Child*

Nasser Katende Katamba, *Student, Montgomery College*

**Register TODAY**

Presented by:



SHaW Center for Success

Student Health and Wellness Center for Success  
Nourishment for the Mind, Body and Spirit

in partnership with **EveryMind**

## EveryMind Volunteer Opportunities

Representative Payee Volunteers spend 5 hours a week 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.

Sign up for a Rep Payee Training Session in October or November

**Wednesday, October 13th at 1pm**

October Registration

Wednesday, November 17th at 1pm

November Registration

**Friendly Visitor Volunteers** 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.

RSVP for a **Friendly Visitor Training Session** in October and a link will be sent to you

RSVP: October Registration

## Shop Walgreens & Support EveryMind

Help communities *you*  
care about by  
donating your  
Walgreens Cash rewards.

*myWalgreens*



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](https://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.

## Join Our Team!

**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**
- **Director, Counseling Services**
- **Senior Accountant**
- **Human Resources Generalist**

And more!

**Apply HERE!**

**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](https://www.servingtogether.org/veteran-peer-navigator/): 1.855.738.7176

[Sign-up](#) for the EveryMind newsletter.

EveryMind. | 301.424.0656 | [Every-Mind.org](https://www.everymind.org)

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**EveryMind.**  
Your mental wellness.  
Our mission.