

January 2022



Empowering Individuals and Strengthening Communities

Resources for Youth Mental Health and Suicide Prevention



Daily headlines show the need for increased mental health services. From stress and burnout to the growing Youth Mental Health Crisis, the need to innovate on ways to support one another, utilize services, and increase accessibility has never been timelier. Our local communities are reeling with the recent school shooting and students dying by suicide.

Parent resources will help you talk to your children about the recent deaths by suicide and help assess their own risk.

Talking to Kids About Suicide

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.



A new resource—**988**, an easy to remember number for those in crisis—is coming your way this summer. Read the 988 fact sheet below and join our **Legislative Briefing** to learn more.

Share these resources broadly and take direct action to help save a life.

Join Us for a Legislative Briefing on Suicide Prevention and the 988 Rollout



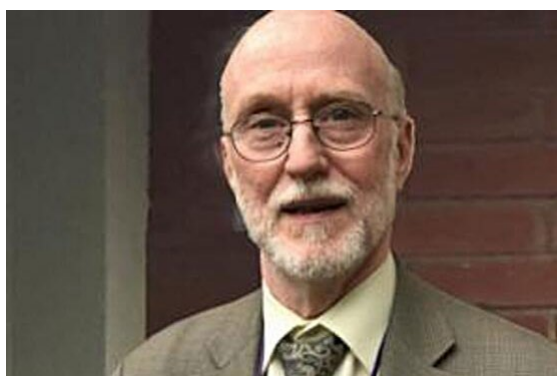
Representative David Trone
*U.S. House of Representatives,
Maryland's 6th Congressional District*



Congressman Jamie Raskin
*U.S. House of Representatives,
Maryland's 8th Congressional District*



Maryland State Senator Malcolm Augustine
District 47, Prince George's County



Keynote Speaker:

Richard McKeon

Chief, Suicide Prevention

Substance Abuse and Mental Health Services Administration (SAMHSA)

The phone number for the **National Suicide Prevention Lifeline**— 1-800-273-TALK— will be transitioning to **9-8-8**. This easy-to-remember three-digit number will connect Marylanders and all Americans in emotional crisis to trained National Suicide Prevention Lifeline counselors, opening the door to healing and hope. **9-8-8** will launch in July 2022 and is anticipated to triple call volume to existing call centers that have been doing this life-saving work for nearly two decades.

EveryMind is one of eight call centers in the State of Maryland, and one of three to offer support and services through text and chat.

Come enter the discussion about 9-8-8 implementation with us!

Panel discussion and Q&A session to follow.

Visit our website to see the full line-up and register today.
Save your seat at the table!

[Register Now!](#)

Train with EveryMind



EveryMind offers evidence-based trainings on a variety of mental health and wellness topics. Our trained and experienced staff deliver presentations to schools, community groups, workplaces, and health professionals on a variety of topics: Mental Health and Wellness, Suicide Prevention, Stress & Burnout, and Self-care.

EveryMind also administers **Mental Health First Aid (MHFA)** training—

Adult, Youth, and Military modules. MHFA is an 8-hour, evidence-based training presented by certified MHFA USA instructors. It teaches how to recognize and help those developing or experiencing a mental health crisis.

Contact **EveryMind's Education Department** for more information and to see if your training can be covered at no cost, by one of our grants, for qualifying essential workers. Presentations can be tailored to the specific needs of your audience.

[Education Request Form](#)

EveryMind Needs You!



EveryMind volunteers are essential to everything we do. Want to contribute to the mental health needs of your community, but don't know where to start? Please consider giving the gift of your service by becoming a volunteer with EveryMind. YOU can make a difference in the lives of community members most in need of resources.

We have several different programs in need of your time and skillset. Learn how you can make a real impact in your community.

[Volunteer With EveryMind](#)

Our **Representative Payee Program** needs volunteers who can 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.

Virtual volunteer orientation sessions have been scheduled for the next few months. Sign up and learn more.

February 17th Rep Payee Training

March 23rd Rep Payee Training

April 27th Rep Payee Training

Join Our Team!



Thinking of starting off 2022 with a new career path? **EveryMind** is growing to meet the increased demand for services in our community. Come join the team at **one of Bethesda Magazine's Top Places to Work!**

Learn about our open positions, share in your networks, and help us find awesome people to help fulfill our mission!

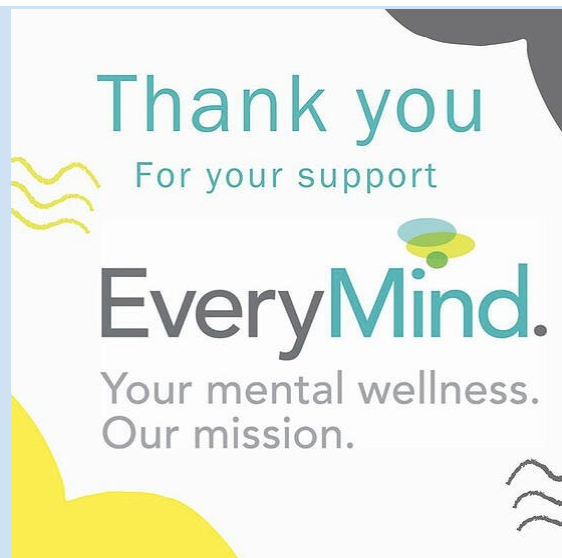
Currently hiring for:

- Hotline Specialists
- Bilingual Mental Health Therapist
- Division Director, Adult and Community Services
- Community School Coordinator

And more!

[Apply Here](#)

Renew Your Commitment With Monthly Giving



Thank you for helping us reach our giving goal in 2021! In this new year, your monthly gift can support EveryMind's mental health programs and suicide prevention work. Each monthly gift of \$5-\$10 or more will provide our community with life-sustaining support. Please consider making a commitment to give regularly to keep our programs and hotline thriving.

[Set Up Monthly Giving Today](#)

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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