



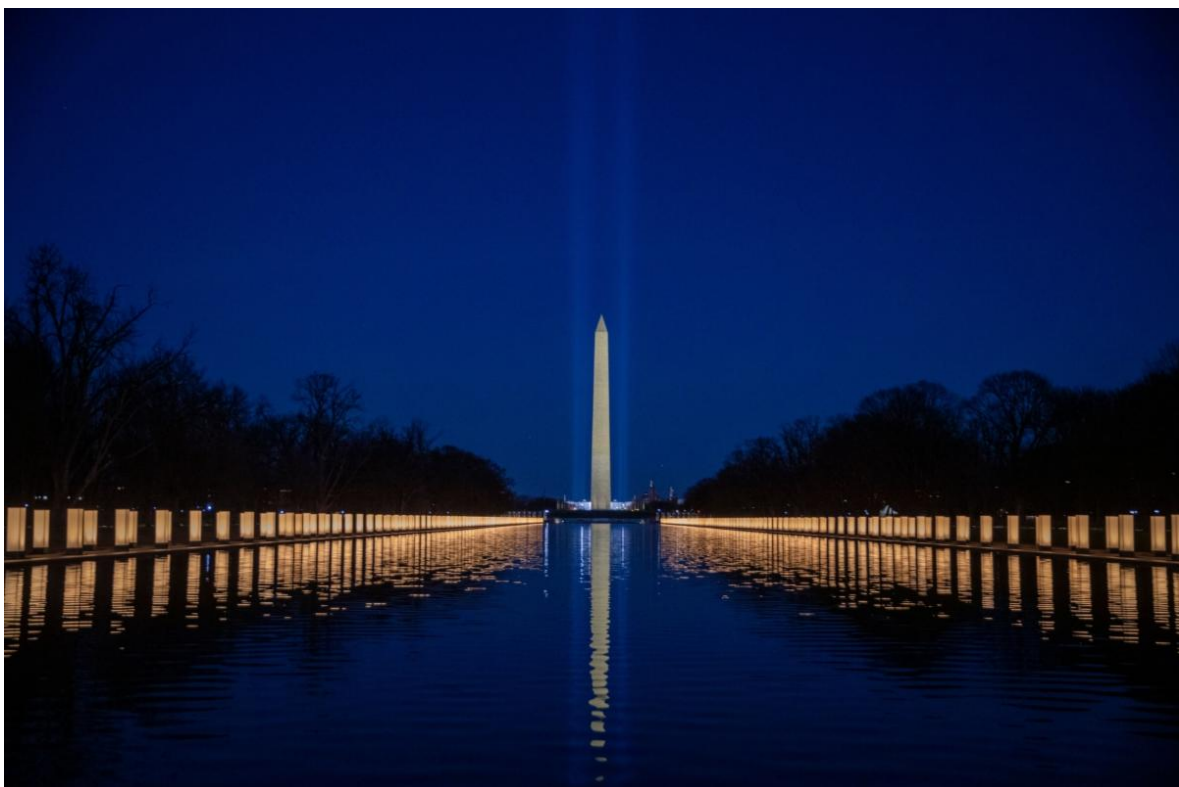
Empowering Individuals and Strengthening Communities

## Grieving, Healing, Unity, and Hope

“There is space for grief and horror and hope and unity,  
and I also hope that there is a breath for joy ...”

*--Amanda Gorman, Youth Poet Laureate*

As our nation mourns the loss of 400,000 American lives to the COVID-19 pandemic, we stand on the edge of a brighter day as new vaccines roll out and new leadership prioritizes public health. For the families grieving the loss of their loved ones, for those who are not counted amongst the 400,000, but who lost their lives to suicide, overdose, domestic violence, rioting, and to countless reasons impacted by the COVID-19 pandemic, we remember you and are here to help you heal.



*photo credit - The Washington Post*

# Join Us For a Virtual Legislative Briefing

**ServingTogether.**  
Connecting Veterans.

A program of **EveryMind.**  
Affiliated with **AmericaServes**

## You're Invited!

### Virtual Legislative Briefing on Veteran Suicide Prevention and US S785: Implementation at the Local Level

Monday, January 25, 2021  
9:00 am - 10:30 am

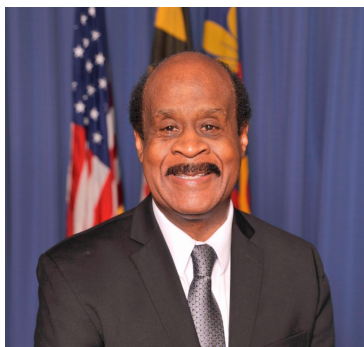
Please join EveryMind for a panel discussion by representatives and elected officials from Maryland, Virginia and Washington, D.C. on the Commander John Scott Hannon Veterans Mental Health Care Improvement Act of 2019 to prevent Veteran Suicide and increase access to community mental health support for our military-connected families.



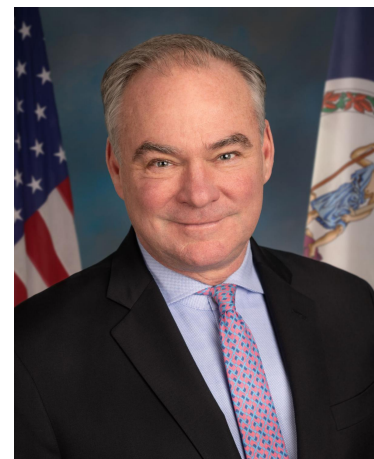
### Hear From These Speakers and More:



Senator Chris Van Hollen -  
Maryland



Master of Ceremonies  
Isiah (Ike) Leggett,  
Former Montgomery County  
Executive,  
Vietnam Veteran



Senator Tim Kaine -  
Virginia



Dr. Richard McKeon -  
Chief of Suicide Prevention  
SAMHSA

**Register NOW!**

## EveryMind In The Community



### Wednesday, January 27th 6 to 7:30pm

Join a free online event for a conversation with Montgomery County and EveryMind staff focused on improving stress management skills and well-being through self-care. The session is part of a series, **Wellness Community Events: Healing and Holding On - One Conversation at a**

**Time for the Community**, focused on mental health and wellness issues affecting the community as the COVID-19 pandemic continues.

The event is free and open to the public. **No registration is required!** Join the conversation on Teams Live at <http://bit.ly/wellness-community-4> or view it live on County Cable Montgomery and the County's Facebook page.

### Wednesday, January 27th 9:30am to 4:30pm

**Mental Health First Aid USA** is an 8-hour virtual training to teach participants how to help someone who is developing a mental health problem or experiencing a mental health crisis. The evidence behind the program demonstrates that it helps trainees identify, understand and respond to signs of mental illnesses and substance use disorders. Register Now!

### Sunday, January 31st 12:30 to 4:30pm

The Montgomery County Commission for Women and their many co-sponsoring organizations invite you to the **2021 Women's Legislative Briefing**. The purpose of the virtual Briefing is to inform the residents of our state about legislative proposals before local, state, and national legislative bodies that address issues of specific concern to women.

**EveryMind CEO, Ann Mazur, will present during the Breakout Session 2 Panel at 3pm**

## Train With Us

**EveryMind** recognizes that trauma, and secondary trauma, are impacting the National Capital Region right now. If you are interested in a training on how to recognize the signs and symptoms of secondary trauma, please connect with our **Education Team**.



Secondary trauma can occur if you are a professional who works in high-stress and trauma-exposed fields (child abuse investigators, prosecutors, judges, therapists, health care professionals, animal shelter workers and many others), or if you are a civilian who does not work in high-trauma fields, but is deeply impacted by repeated exposure to stories (graphic news accounts and detailed sharing of others' traumatic events). Let **EveryMind** come and address your teams on what secondary trauma looks like, and what you can do about it.

Contact: [Jennifer Grinnell, Director of Education](mailto:jgrinnell@every-mind.org) at [jgrinnell@every-mind.org](mailto:jgrinnell@every-mind.org)

## Join Our Team!



EveryMind is growing to meet the need in our community.

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

Apply [Here](#).

## 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.every-mind.org/chat/](http://www.every-mind.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)

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