



Empowering Individuals and Strengthening Communities

Celebrating Women's History Month

As we spend the month of March highlighting and honoring the contributions of women to events in history and contemporary society, we can't overlook the effect the pandemic has had on their mental well-being, physical health, and livelihoods. This past year, more than 2.3 million women left the American



workforce, marking their lowest level of participation since the end of the Reagan administration-- over 3 decades of gains wiped out in just one year. Many will not return, and for those that do, re-entry won't be immediate or easy. The pandemic has reinforced traditional gender roles that women have historically had difficulty escaping. However, this is a season of hope as new COVID-19 cases and deaths continue a downward trend while rates of vaccination and supply continue an upward one. States are easing restrictions, opening up gyms and restaurants, and kids are returning to school in our region. As we look forward to fewer limitations, we must remember the importance of a gender-equitable recovery, including policies that would allow all people to find balance, achievement, and joy in their lives; to pursue their personal dreams and professional goals without restraint; to own their unique stories; to use their authentic voices; and to live fearlessly up to their fullest potential. As we remember what the pandemic has cost women and the sacrifices they have made for the greater good, of all years, this is one to honor their power and promise, and to truly appreciate the experiences and contributions of all women to our workplaces, communities, and families.

BUILD(ING) THE FUTURE:

BOLD POLICIES FOR A GENDER-EQUITABLE RECOVERY

(Institute for Women's Policy Research)

Click to access the Full Report & Executive Summary:

**Building the
Future**



Office on Women's Health

Good mental health is essential to overall well-being. More than 1 in 5 women in the United States experienced a mental health condition in the past year, such as depression or anxiety. Many mental health conditions, such as depression and bipolar disorder, affect more women than men or affect women in different ways from men. Most serious mental health conditions cannot be cured. But they can be treated, so you can get better and live well.

Depression in Women: 5 Things You Should Know

This brochure contains an overview of five things that everyone should know about depression in women.

Let's Talk About Eating Disorders

The way we talk about eating disorders matters. Here are some facts you can use to help shape the conversation around eating disorders.

Identifying Maternal Depression

Pregnancy can be an exciting time in a woman's life, but it can also bring challenges. Many women experience the baby blues after giving birth, and some women develop symptoms of depression that are more intense, long-lasting, and can interfere with daily activities.

Perinatal Depression

Perinatal depression is depression that occurs during or after pregnancy. The symptoms can range from mild to severe. In rare cases, the symptoms are severe enough that the health of the mother and baby may be at risk. Perinatal depression can be treated. This brochure describes the signs and symptoms of perinatal depression and how you or a loved one can get help.

Menopause & Depression

Unpredictable hormone fluctuations plus stress, body image, sexuality, infertility, or aging — any one or a combination of these causes emotional distress that may result in mood swings or, in more severe cases, depression. Determining the cause and extent of your "menopause blues" is very important.

13 Ways to Boost Your Daughter's Self-Esteem

How to help girls build confidence based on what they can do, not what they look like.

How to Help Your Daughter Have a Healthy Body Image

Girls coming of age in the 21st century have more opportunities than any of the generations that preceded them. But they also face an array of pressures that are unprecedented. Girls are expected to become corporate executives and brain surgeons and Supreme Court justices, but they're also expected to be beautiful and sexy — more so than ever before.

Which is why raising healthy, happy daughters has become more challenging, not less.

Mood Disorders & Teenage Girls

Why they are more vulnerable than boys, and what signs and symptoms you should look for.

Therapy for Black Girls

The Therapy for Black Girls Podcast is a weekly chat about all things mental health, personal development, and all the small decisions we can make to become the best possible versions of ourselves. So often the stigma surrounding mental health issues and therapy prevents Black women from taking the step of seeing a therapist. This space was developed to present mental health topics in a way that feels more accessible and relevant.

EveryMind In The Community

Baltimore B'More Healthy Expo

Tuesday, March 15th through
Sunday, March 21st

The B'More Healthy Expo offers something for every age and every interest and engages, entertains, educates and empowers families to take actions and make choices to be more healthy. Best of all, The B'More Healthy Expo will connect you with community resources to help you reach your health and wellness goals!



The Expo is a virtual event and broadcast event airing March 20th and 21st. The Expo will feature information about free screenings, health, fitness and nutrition and is aimed at residents located in the Baltimore region, including Towson, Catonsville, Dundalk and Glen Burnie. The Expo will air video segments featuring exhibitors on Fox45 and CW Baltimore.

The **ServingTogether video segment** will air on **March 20th**. You will also have an opportunity to view it on the [ServingTogether website](#) and social media platforms.

Learn more about the Expo Exhibitors,
including **ServingTogether** by clicking below:

B'More Exhibition
Hall



NBC4 Health & Fitness Expo

Friday, March 19th
from 12:00pm to 8:00pm
Saturday, March 20th
from 9:00am to 5:00pm

The Emmy Award-winning D.C. expo, hosted and promoted by NBC4, Telemundo 44, and new for 2021, NBC Sports Washington, is in its 28th year. It has been recognized as the best-promoted and best-attended consumer wellness expo in the nation for nearly three decades. Now more than ever, health, wellness and keeping current with the latest medical breakthroughs are top-of-mind for viewers.

Attendees of the virtual expo will have access to leading healthcare providers, the latest wellness information and fitness trends, have the ability to schedule appointments, purchase products and services, attend sessions, participate in contests and meet their favorite on-air NBC4, Telemundo 44 and NBC Sports Washington personalities in a digital environment.

Once registered, search for us by name, and come visit the **EveryMind interactive booth** where you will have opportunities to chat with staff, watch videos, click on informational links, and add resources to your digital swag bag.

Registration is *FREE*, so come visit with us!

NBC4 Expo: Register Here for FREE

Coming Up in May...

EveryMile for EveryMind

Join EveryMind during the entire month of May to walk a different Montgomery Parks' trail every day with us, or walk independently at a location of your choice, to get healthy and raise awareness of mental health.



Ways to get involved:

- lead a walk in your neighborhood
- support our mission
- sponsor the event and promote wellbeing in the community

Interested in sponsorship opportunities?
Please reach out to **Shalini Stone**-- ssstone@every-mind.org

Stay tuned...more event details to come!

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!

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/
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/
ServingTogether Veteran Peer Navigator: 1.855.738.7176

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

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EveryMind.
Your mental wellness.
Our mission.