

November 2021



Empowering Individuals and Strengthening Communities

Survivors of Suicide Loss

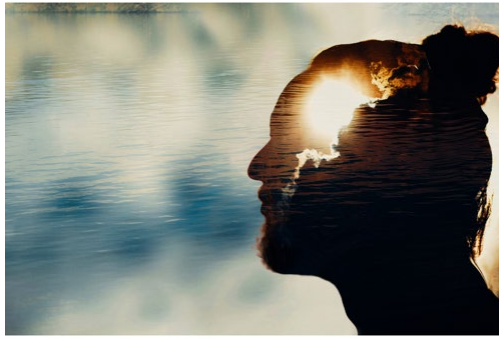


International Survivors of Suicide Loss Day, also referred to as ISOSLD or Survivor Day, takes place on November 20th this year. Those who have lost a loved one to suicide can come together on this day to find connection, healing, and hope through their shared experience. Every year it falls on the Saturday before American Thanksgiving, as the holidays are often a difficult time for suicide loss survivors.

To learn how loss survivors in your area may be connecting, visit the local chapter page of the [American Foundation for Suicide Prevention \(AFSP\)](#). You can search for events by zip code.

[Resource and Healing Guide](#)

November is Men's Health Month



While men can experience mental health challenges just like anyone else, they are far less likely to seek out resources and treatment for depression, substance abuse, and stressful life events because of social norms, a reluctance to talk, and the stigma of perceived weakness. Over 6 million males in the US are affected by depression every year, but it often goes undiagnosed because men are more likely to report fatigue, irritability, and loss of interest in hobbies and work, rather than feelings of sadness. Because of this, male suicides have been on a steady rise since 2000, and they account for 4 out of every 5 suicides in the US.

If you or a loved one need support, please visit our website for resources that focus on male mental health.

Men's Mental Health Resources

The Big Quit Hits Healthcare



The Great Resignation, aka the Big Quit, continues to impact the US. This week's article in **The Atlantic** "[Why Health-Care Workers Are Quitting in Droves](#)" notes that, since the pandemic started, one in five health-care workers have left the field. Dealing with this virus for nearly 2 years has exacted a serious toll both physically and psychologically.

If you or a loved one are a frontline healthcare professional, resources exist to help

you access free, virtual support.

- [EveryMind](#) provides confidential 24/7 support via call or text 301-738-2255
- [Therapy Aid](#) provides pro-bono therapy for frontline health care professionals, including individual and group support.
- [The Emotional PPE Project](#) connects health care professionals with licensed mental health professionals who can help for free.

If you have left the workforce, but are passionate about community mental health and would like to venture back in, EveryMind is hiring. Bethesda Magazine just recognized us as a Top Place to Work in 2021-- come join our team!



Apply [HERE](#)

Save the Date: FREE Screening of the Film "Like"



Join us for a FREE Virtual Screening & Panel Discussion

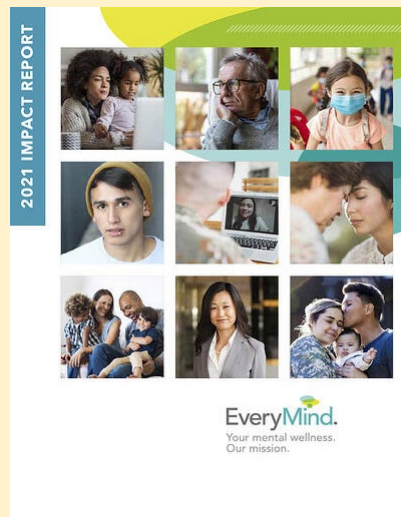
LIKE is a film-based education program exploring the impact of social media on our lives and the effects of technology on the brain. The goal of the film is to inspire us to self-regulate. Social media is a tool and social platforms are a place to connect, share, and care ... but is that what's really happening? We will be showing the film and including access to further resources and materials.

Save the Date: December 14, 2021

6:30-8:00pm

Register [HERE](#)

Thankful for You!



We could not have increased our capacity to serve as we have this year without the generosity of our funders and community partners. We are so grateful for your passion and dedication to EveryMind's mission. As we usher in this season of Thanksgiving, please consider renewing your commitment to EveryMind, and helping us continue to meet the escalating mental health needs of our community.

DONATE NOW

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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