Teen Dating Violence Awareness Month

Although every relationship is different, there are common issues in those that are unhealthy and abusive – power and control.

Teen dating violence can take many forms. Much like adult relationships, abuse can be physical, verbal, emotional, sexual, digital, stalking and/or financial.

It's important to know the warning signs and where to turn for help.

---

Why I Volunteer at EveryMind

Michael Godfrey
Crisis Prevention and Intervention Services
EveryMind Volunteer since April 2018

We asked Michael to tell us a little about why he chooses to give his time and energy to working on the EveryMind hotline:

"I volunteer because it feels rewarding to help others and it helps me in my future career. The experience is valuable; it provides me the opportunity to work in my field of study, Psychology. I first applied at EveryMind for an opportunity to help my local Rockville community. I love volunteering at EveryMind; everyone I've worked with has been wonderful. They've taught me important things for my future, made me feel appreciated, and most importantly, made me crack up with laughter!"

Because we know self-care is so important, particularly when engaging in intense work like providing supportive listening and crisis intervention, we asked how Michael makes sure he's taking care of himself:

I like playing a slow-paced video game such as, Civilization or Magic: The Gathering Arena, while listening to music; most recently Lawrence and Vulfpeck.

If you are interested in joining Michael and the rest of our amazing volunteers who make all
that we do at EveryMind possible, we have a variety of opportunities and programs that need volunteers. Please visit our website for more information.

EveryMind Volunteer Opportunities

The Importance of Self-Care Among Our Caregivers

Though there are multiple days each year honoring the role of caregivers in our communities, the third Friday in February is devoted to acknowledging the difficult and often stressful role caregivers play in hospice or long-term care facilities.

Caregivers often neglect their own needs to ensure those they care for receive the best care possible. But this neglect can often lead to negative outcomes both for the caregiver and the individual being cared for. Sleep deprivation, poor eating habits, and failure to care for oneself when ill are a few of the most common ways caretakers neglect their own needs.

If you are a caregiver, how can you ensure that you are practicing self-care while caring for others?

- Plan ahead – don’t wing it
- Lower expectations, if needed
- Get enough sleep
- Eat healthy foods
- Engage in physical activity – even if just 10 minutes/day
- Engage in enjoyable activities – reading, yoga, writing/journaling
- Accept stress as a given, change what you can

EveryMind’s tips for self-care.

National School Counseling Week

National School Counseling Week, sponsored by American School Counselor Association (ASCA), highlights the tremendous impact school counselors have in helping students achieve school success and plan for a career. The week of February 4th, schools across the country participated in special events to honor the hard work and essential contribution school counselors make every day.

School counselors wear many hats. With ever increasing pressures on our young people, school counselors often find themselves in situations where the support of a licensed mental health professional may be what is needed to help a student be successful. As part of its Keep the Door Open campaign, the Maryland Behavioral Health Coalition prioritizes the need to increase school behavioral health supports to improve student outcomes. This effort would not only support students, but would provide school counselors with another resource to help students experiencing behavioral health challenges.
Learn More About Keep the Door Open

Need Help/Support/Resources?

Call or Text: 301.738.2255
Chat: https://suicidepreventionlifeline.org/chat/
ServingTogether Veteran Peer Navigator: 1.855.738.7176

EveryMind. | 301.424.0656 | Every-Mind.org

Follow us:

Donate Volunteer Connect

EveryMind.
Your mental wellness. Our mission.