



Empowering Individuals and Strengthening Communities

Promoting Work/Life Balance Begins with Self-Care



For the 15th consecutive year, EveryMind was awarded the Workplace Excellence Seal of Approval for 2019 by the Alliance for Workplace Excellence!

EveryMind leaders believe that at the heart of an excellent workplace is an engaged workforce who feel their employer is invested in their wellbeing. EveryMind is proud to offer presentations to employers that highlight the importance of work/life balance and promote self-care strategies that ensure a healthy, productive workforce. Please click on the link below to request your presentation today!

[2019 AWE Award Winners](#)

[Self-care Presentation for Workplaces](#)

CNN Article Highlights Why Everyone Should Learn Mental Health First Aid



A recent CNN article highlights the importance of Mental Health First Aid and encourages everyone to undergo the training.

One in five adults in the United States lives with a mental health challenge. Mental Health First Aid, an 8-hour evidence-based training, seeks to fill the gap by teaching community members how to recognize warning signs and symptoms of someone experiencing a mental health or substance abuse crisis. Participants learn how to listen without judgment, de-escalate crisis situations and are provided with a list of mental health and substance abuse resources.

EveryMind offers Mental Health First Aid training in the youth, adult, older adult and military modules. Trainings are also available in Spanish. Please click on the link below to learn more about how you can bring Mental Health First Aid to your community or business.

[CNN Article](#)

[Mental Health First Aid](#)

ServingTogether's In Progress Review Spotlights Network's Impact on Military, Veterans & Families



On July 11, 2019, EveryMind's ServingTogether program hosted its One Year In Progress Review to share data, outcomes and success stories from the network's first full year of operation. It's clear our network is changing the way we coordinate services and strengthening our ability to effectively and efficiently meet the needs of our service members, veterans and their families.

Key takeaways include:

- Employment, housing and income supports continue to be the top three challenges encountered by our military community.
- Each person seeking support through the network has approximately 2 - 3 co-occurring needs, often requiring support from multiple network providers working together collaboratively.

Learn more about the positive impact the ServingTogether network is having on service members, veterans and their families.

Recorded Webinar

Presentation Slides

World Health Organization Takes Important Step to Save Millions of Lives

Crisis Helplines Recognized as Important Tool

Suicide rates have increased by 60% worldwide in the last 45 years and it is predicted that **by 2020, the rate of death by suicide will be one death by suicide every 20 seconds**. Research continues to show the positive impact that crisis lines have in preventing suicide and assisting those in crisis.

The World Health Organization (WHO) recently recognized the impact crisis helplines have on preventing suicide worldwide, and have published the booklet "[Preventing Suicide: A Resource for Establishing a Crisis Line](#)" which outlines best practices and important factors to consider including day-to-day costs of operating the service.

EveryMind calculates that it costs \$50 an hour to provide one call specialist for its phone, text and online chat supportive listening and crisis intervention services. Ongoing financial support is needed to help cover costs related to:

- Recruiting, training and maintaining full-time or part-time paid staff.
- Providing a safe and secure place for workers to operate and that can be safely accessed 24 hours a day, 7 days a week.
- Installation and maintenance of technology to support ever-changing methods of communication.

Please consider supporting your local crisis prevention and intervention phone, text and chat services with a donation to EveryMind.

Donate



Why I Give to EveryMind

"I give to EveryMind because I want to ensure that no member of my community goes without being cared for. Every person deserves to have access to mental health professionals and programs that will help them live their best life.

~Lisa Luse
EveryMind Board of Directors



Join us for the
2019 Run for EveryMind
5K Run/3K Walk
September 15, 2019!

Registration is now open!

Register

EveryMind is Hiring!

Positions available in Development, Finance, Administration, Linkages to Learning, Homeless Outreach and ServingTogether as well as an Americorp opportunity in our Education & Advocacy department.



Explore Employment Opportunities

Need Help/Support/Resources?

Call or Text: 301.738.2255

Chat: <https://suicidepreventionlifeline.org/chat/>

[ServingTogether Veteran Peer Navigator](#): 1.855.738.7176

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

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Our mission.