



Empowering Individuals and Strengthening Communities



Are College Campuses Facing a Mental Health Epidemic?

As the summer ends, college students are heading back to school in a time of increased anxiety brought on by a variety of factors including the most recent incidents of gun violence across the country. Add to this the increasing costs of higher education, internal and external pressures to

succeed and difficulty adjusting to life away from home and it's not hard to understand how college can be especially stressful for many students. But there are things parents can do to support young people as they transition into the next phase of their education.

Article



Run for EveryMind
5K Run/3K Walk
September 15, 2019
8:30 am
Rockville Town Square

Register

CE Seminars on Suicide

Friday, September 20, 2019
9:00 am - 4:00 pm

EveryMind
1000 Twinbrook Parkway
Rockville, MD 20851



Morning Session
9:00 am - 12:00 pm
Youth and Suicide
\$60 - 3 CEs

Afternoon Session
1:00 pm - 4:00 pm
Older Adults and Suicide
\$60 - 3 CEs

\$100 to attend both sessions

Suicide Attempt Survivors Support Group

EveryMind offers an 8-week support group for survivors of suicide attempt. This group teaches coping skills and provides peer support for those still struggling after an attempt. Please connect with us for more information, including when the next group will begin.

[Email](#)

Why I Give to EveryMind

"I believe that each of us moves along the continuum of mental wellness as we navigate the ups and downs of life. I give because EveryMind provides resources and services across a broad spectrum to support individuals experiencing chronic and situational mental health challenges, helping to make our community as a whole healthier."

Kathy McCallum, President
EveryMind Board of Directors

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County Memorial Service Honors Those Who Died After Experiencing Homelessness

The Montgomery County Interagency Commission on Homelessness (ICH) hosted a memorial on July 11th to remember the 31 people who died during the last year after experiencing homelessness. Betsy Bowman, EveryMind's Director of Adult and Community Services, read the names of some of those who passed away.

[Video of Ceremony](#)

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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Your mental wellness.
Our mission.