



Empowering Individuals and Strengthening Communities

September is Suicide Prevention Month

Research on suicide prevention measures is clear. Talking openly about mental health not only breaks down stigma, but it improves the likelihood that someone experiencing a mental health crisis will get the help they need. Though it may be a difficult conversation, talking about mental health and suicide saves lives. Our partners at Mental Health First Aid provide valuable strategies and tips to guide these conversations.



Article - Talking to Your Family About Mental Health



Suicide Attempt Survivors Group

EveryMind recognizes that ongoing support is the key to healing and recovery after a suicide attempt. We offer an 8 week closed support group for survivors of suicide attempt which provides peer support for participants and education about recognizing warning signs and developing coping skills.

Email Us for More Information

Please join us for a legislative briefing about **The Mental Health Parity Act**

Thursday, October 24, 2019
7:30 a.m. - 9:00 a.m.
The Universities at Shady Grove
Building II, Gaithersburg/Bethesda Rooms

Speakers:
Ellen Weber, J.D.
Vice President for Health Initiatives
Legal Action Center

Laura Mitchell, MBA

Ellen Weber will provide an overview of the general Mental Health Parity Act standards, barriers to enforcement and strategies to improve enforcement. Elected officials will be briefed on Maryland legislative and regulatory initiatives and ways to advocate for mental health parity.

Laura Mitchell will share her

Advocate for parity and equity in mental health and addiction treatment

personal story of how the lack of parity negatively impacts people living with mental health conditions and their families.

Register



Pictured Left to Right: EveryMind Chief Development Officer, Karen Duffy, Councilmembers Craig Rice, Andrew Friedson and Sidney Katz and EveryMind CEO, Ann Mazur

Thank you to everyone who participated and supported the 2019 Run for EveryMind on September 15th. It was a beautiful day for our 340 runners and walkers to engage in an activity that improves both physical and mental wellness.

Many thanks to Councilmembers Craig Rice, Andrew Friedson and Sidney Katz for joining us, WASH-FM for providing great music and the Sherwood High School Poms Squad for cheering our participants across the finish line and an excellent performance after the event!

Run Results

Event Photos

Why I Give to EveryMind

We know that the lives of many of us are fraught with mental wellness issues. EveryMind recognizes that every person may need support and works to remove the stigma of asking for help.

It is this broad, holistic view of mental wellness that resonates so much with me and that attracts me as a donor and a board member. But more, it is also the incredible staff and board that I get to work with, and the knowledge that EveryMind is having a tremendous impact in the community that motivates me.

Bob King

Treasurer, EveryMind Board of Directors



Donate

Need Help/Support/Resources?

Call or Text: 301.738.2255

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

: 1.855.738.7176

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Our mission.