



Empowering Individuals and Strengthening Communities

2019 World Mental Health Day Focus on Suicide Prevention

Every 40 seconds, someone dies by suicide.

This astonishing fact was the focus of this year's World Mental Health Day on October 10th. The campaign asked everyone in schools and workplaces to dedicate 40 seconds throughout the day to activities that support their own mental health and wellness or that of someone they love. The organizers, including the World Health Organization, shared videos and flyers to help kick start the conversation that would continue long after the day was over.

EveryMind is proud to be part of the effort to bring the conversation about mental health and suicide out in the open. Our community education presentations not only educate our community but provide tools and resources where people can turn for help.



[More on World Mental Health Day](#)

[Request an EveryMind Presentation](#)

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



Welcome Montgomery County Councilmember Gabe Albornoz

Councilmember Albornoz is the Chair of the Health and Human Services Committee.



Opening Remarks Delegate Ariana Kelly, District 16

Delegate Kelly has been a staunch advocate on issues that matter to all Maryland residents including access to health care.

Register

For many Maryland residents, treatment for mental health and substance use issues is still inaccessible – even for those with insurance coverage.

Parity at 10 is a national advocacy campaign dedicated to ensuring full enforcement of the Parity Act. Please join us to learn more about the Parity Act standards, current barriers to enforcement and strategies to improve accountability and how to get involved with Maryland legislative and regulatory initiatives to ensure Maryland resident can access critical services they have a right to.



Speakers:

Ellen Weber, J.D.

Vice President for Health Initiatives, Legal Action Center

Laura Mitchell, MBA

Advocate for parity and equity in mental health and addiction treatment



**TOGETHER WE CAN CREATE
A WORLD WITHOUT BULLYING**

CELEBRATE DIFFERENCES	KNOW YOUR ACTIONS MATTER	RESPECT EACH OTHER
INCLUDE THOSE WHO ARE LEFT OUT	SHARE KINDNESS	LISTEN WITH PATIENCE



October is Bullying Prevention Month

According to a 2014 Center for Disease Control report, students who are bullied are more likely to experience low self-esteem and social isolation, perform poorly in school, experience physical ailments, and experience mental health issues such as depression, suicidal thoughts, and anxiety.

But the impact of bullying doesn't stop there.

Children who witness acts of bullying are more likely to use substances, skip school and experience mental health issues. And those who bully are at greater risk for long-term mental health and substance use challenges, and poor academic performance. Regardless of one's role in bullying, its clear all who experience it are negatively impacted in both the short and long-term.

Learn more about the impact of bullying on our students and ways in which we can build community-wide prevention strategies at the Pacer's National Bullying Prevention Center.

Bullying Prevention

ServingTogether. | A program of **EveryMind.**
Connecting Veterans. | Affiliated with **AmericaServes**

**Free Webinar Hosted by
EveryMind's ServingTogether**

Military Culture and Moral Injury in Veterans

Tuesday, November 5, 2019

1:00 pm - 4:00 pm

This webinar contains two presentations. First, Jonathon Patrick from the Virginia Department of Veterans Services will provide insight into military culture, what its like to serve in the military, and the nuances of transitioning back into civilian life. The second part of the training will be a presentation by Paula Domenici of the Center for Deployment Psychology will provide an extensive understanding of moral injury in veterans.

Register

Volunteer Opportunities at EveryMind Spotlight on the Friendly Visitor Program

Friendly Visitors are volunteers matched with isolated, homebound older adults in need of friendship. Through weekly visits, these volunteers provide companionship and help relieve loneliness. While we typically ask volunteers for a one year commitment, most have been visiting the older adult they were matched with for far longer. Matches are made based on geographic proximity and mutual interests.



Our next Friendly Visitor volunteer training is **Wednesday, October 23rd**. If you are interested in joining our extraordinary team of caring and compassionate volunteers, please follow the link below to complete the application.

Friendly Visitor Application

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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