



Empowering Individuals and Strengthening Communities

## FCC Proposes 3-digit Hotline Number

On December 12, 2019, the Federal Communications Commission started the process to designate 9-8-8 as the new nationwide number for the [National Suicide Prevention Lifeline](#).

EveryMind's 24/7 phone, text and chat hotline is one of over 170 call centers nationwide that answers calls to the Lifeline. The Lifeline is an effective, life-saving safety net for those experiencing a mental health crisis. Although the Lifeline is a national program, call centers are funded by local contributors and require funding and resources to continue operating.



[Support](#)

[Learn more about 9-8-8](#)

[Volunteer](#)



## EveryMind Featured on Inaugural Studio 501c3 Show

Montgomery Community Media and Nonprofit Village have teamed up to produce a new show that focuses on the nonprofit organizations in Montgomery County working to build supportive communities every day. EveryMind is proud to

have been the first organization featured on this show with CEO Ann Mazur joining hosts Kim Jones and Gabrielle Nash to discuss the organization's work.

[Watch the Episode](#)

## EveryMind is Proud to Offer Two Free Webinars

### Serving the Unique Needs of Minority Veterans and Sub-Populations

January 28, 2020  
9:00 a.m. - 12:30 p.m.

Participants will learn how to better serve our

### Improving Workplace Wellbeing Through Self-Care

February 26, 2020  
1:00 p.m. - 2:00 p.m.

Participants will learn how to identify stress,

underrepresented veterans, uncover areas of stigma and identify best practices in supporting their needs in the community. Our keynote and panel discussion will highlight the unique experiences of underrepresented veterans: women, LGBTQ+, racial and ethnic minorities, and chronically homeless veterans.

This webinar is offered by ServingTogether, a program of EveryMind.

recognize signs of burnout and explore proven self-care strategies. Each participant will also learn how to develop a personal self-care plan to alleviate workplace stress and improve mental, emotional, and physical health.

This webinar is offered in partnership with Adventist Healthcare, Holy Cross Health, MedStar Montgomery Medical Center and Suburban Hospital.

[Register](#)

[Register](#)

## Volunteer for the Annual Point in Time Count

January 22, 2020  
Starting at 9:00 p.m.

Please join us for the annual count of people experiencing homelessness in Montgomery County. The evening will begin with a short orientation at 9 p.m. Then teams of 3-5 volunteers will canvas an assigned geographic area to count those living unsheltered and distribute basic necessities. Registration closes on Monday, January 20th.



[Volunteer](#)



## Its Not Too Late to Make a Difference in Your Community!

Your tax deductible donation to EveryMind supports school-based mental health services, outreach to our neighbors experiencing homelessness, companionship for older residents and resource connection for veterans, service members and their families. All of these services continue to thrive thanks to generous contributions from supporters like you.

[Donate Today](#)

# NBC4 Health and Fitness Expo

January 18 - 19, 2020  
The Washington Convention Center



Stop by our table this weekend at the NBC4 Health and Fitness Expo! EveryMind staff will lead activities that promote self-care and share strategies to reduce stress.

[More Information](#)

## 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.

EveryMind. | 301.424.0656 | [Every-Mind.org](http://Every-Mind.org)

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Your mental wellness.  
Our mission.