



Empowering Individuals and Strengthening Communities

Coping with COVID-19 Through Self-Care

If COVID-19 has taught us anything, it's that within each of us there is great compassion and a strong sense of community that is at its best during times of crisis. But the old adage "be sure to fasten your own face mask before assisting others" has never been more applicable or more essential. Taking care of your own mental health and wellness is critical to successfully navigating these uncertain days and those still ahead.

To promote making self-care a priority, EveryMind offers two important videos that include tips and strategies for taking care of yourself during the COVID-19 crisis.

30 Minute Self-Care Webinar

5 Minute Self-Care Video

For more information on mental health and wellness during COVID-19, please visit our [COVID-19: Coping with Anxiety and Stress](#) resource page on our website.



Take the EveryMile for EveryMind Challenge!

This year marks the 50th anniversary of EveryMind's Montgomery County Hotline! Join our growing team of walkers who have committed to walking 50 miles between now and May 31st to raise \$50,000!

From the isolated older adult who needs to hear a friendly voice to the child contemplating suicide - help us be there for the next 50 years to answer EVERY call!

Become a Walker

Support a Walker



Virtual Film Screening and Panel Discussion

April 23, 2020

6:30 p.m.

Angst is a documentary designed to raise awareness around anxiety. The film includes interviews with kids, teens, educators, experts, parents and a very special interview with Michael Phelps. The goal is to help parents, youth and educators identify and understand the symptoms of anxiety and encourage them to reach out for help.

Join EveryMind, Adventist Healthcare, Holy Cross Health, MedStar Montgomery, Suburban Hospital and Montgomery County Public Schools for a virtual screening of *Angst*, followed by a panel discussion moderated by Ned Johnson and Dr. William Stixrud, authors of *The Self-Driven Child*.

Register

Looking for Other Ways to Support EveryMind?



Designate EveryMind as your charity of choice and each time you shop Smile.Amazon.com, a portion of what you spend will be donated to the EveryMind.



EveryMind has been chosen for Target's Circle Giving Campaign. Use your Target Circle points by 6/30 to cast votes for EveryMind. Each vote increases the total amount awarded to EveryMind!

Have you completed the 2020 Census?

It's not too late!

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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