



Empowering Individuals and Strengthening Communities

Building Resiliency *Managing the Impact of Prolonged Stress During COVID-19*

Thursday, May 28, 2020
7:00 - 8:00 pm

Register

Resiliency is how we adapt, cope and survive in the face of adversity, tragedy, and trauma. Building personal resiliency is one of the most powerful tools we have to combat the stress and anxiety caused by the COVID-19 pandemic.

Please join EveryMind via Facebook Live as we launch the first in a series of Mental Wellness Town Halls. This event will provide information on:

- Ways to manage the stress and anxiety caused by COVID-19.
- Strategies to help build resiliency as you continue to navigate these uncertain times.
- Resources to support your mental wellness.

The panel of contributors for this discussion includes:



Gabe Albornoz
Montgomery County Councilmember
Chair, Health and Human Services Committee



Dr. Norvell V. Coots
President & CEO
Holy Cross Health



James Gilmore, LCSW-C
Montgomery County Department of
Health and Human Services



Lisa Luse, LCSW-C
Mental Health Therapist
EveryMind Board Member



Advocacy Alert: Keep the Door Open

Prior to the COVID pandemic, the State was addressing a serious epidemic – opioid addiction/overdoses and a rising suicide rate. The COVID pandemic is expected to exacerbate existing behavioral health disorders and lead to the onset of mental health and substance use disorders among those not previously diagnosed or experiencing problems.

The [HOPE Act](#) requires a 4% increase in service reimbursement rates for FY21 and represents three years of mandated increases meant to address 20+ years of underfunding for community behavioral health services.

This rate increase may now be on the chopping block. Without it, our behavioral health providers will lack the financial resources they need to address the pre-COVID mental health and addiction epidemic in Maryland or respond to challenges Maryland residents are facing as a result of COVID.

Please take a moment to email Lt. Governor [Boyd Rutherford](#), Maryland Department of Health Secretary [Robert Neall](#) and Department of Budget Management Secretary [David Brinkley](#) and urge them to safeguard the 4% FY21 rate increase which is so critical to all Marylanders.



The COVID-19 pandemic has heightened awareness of just how critical it is for our community to have somewhere to turn when a crisis upends our daily lives.

This is exactly the value and purpose of the phone, text and chat hotline operated by EveryMind, which provides supportive listening and crisis intervention to our community *every day*.

It's not too late for you to support the efforts of our [EveryMile for EveryMind Walkers](#). Since April, almost 50 Walkers have signed up and committed to walking 50 miles by May 31st to raise money to support the 24/7 phone, text and chat hotline.

To date, they have raised almost **\$10,000** thanks in large part to contributions

from our community and a generous matching sponsorship from Associated Insurance Management (AIM)!

YOUR tax deductible contribution will help ensure this critical resource can continue to provide the life-saving support for you, your loved ones and your neighbors, now and for the next 50 years!

Donate Today!

This year's Mental Health Awareness Month comes at a particularly critical time when taking care of our mental health and wellness has never been more essential. Organizations like the [National Alliance on Mental Illness](#), [Mental Health America](#) and [Active Minds](#) provide an array of useful tools and resources to support mental health awareness.



[Seize the Awkward](#) has made a tremendous impact helping young people feel more at ease with uncomfortable conversations about mental health - their own or someone else's. Through a powerful music video launched this month that includes entertainers and social media influencers, *Whatever Gets You Talking* is helping to move the conversation about mental health forward.

Video: Whatever Gets You Talking

How Do You Know When Its Time to Ask for Help?

In this brief video, EveryMind's Hotline Call Specialist, Kirsten Robinette, shares a few tips for recognizing when we might need to seek additional support for ourselves or a loved one.



Watch Kirsten's 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.

Need Help/Support/Resources?

Call or Text: 301.738.2255
Chat: <https://suicidepreventionlifeline.org/chat/>

ServingTogether Veteran Peer Navigator : 1.855.738.7176

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