



Empowering Individuals and Strengthening Communities



Preventing Suicide: Resources for Youth and Parents

Last Friday, the [Bethesda Beat](#) reported that three Montgomery County youth have died by suicide in the last two weeks, prompting County leaders and Montgomery County Public Schools to call for more mental health supports for our youngest community members. The school system's [Be Well 365](#) initiative addresses the importance of physical and mental health and offers a wealth of resources to help students and families.

EveryMind is proud to support these efforts to raise awareness and provide help to youth and families experiencing a mental health crisis.

Talking with Kids About Suicide

MCPS has also launched a new video series, [Waymaking](#), which highlights mental health and well-being resources for staff and students as families adapt to the evolving changes in daily life caused by the COVID-19 pandemic. Two recent episodes have focused specifically on suicide prevention and crisis intervention.

Suicide Awareness

When to Ask for Help

Mental Wellness Town Hall

[Building Resiliency, Managing the Impact of Prolonged Stress During COVID-19](#)

On May, 28, 2020, EveryMind hosted a Town Hall to discuss the importance of building resiliency in order to manage ongoing stress and anxiety. 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.

Our panel of speakers discussed:

Contributing Panelists



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

- 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.

If you missed the event, we invite you to watch the recording.

Building Resiliency

Post-Traumatic Stress Disorder Month

June is Post-traumatic Stress Disorder Awareness month, dedicated to raising awareness about the condition and how to access treatment. According to the [National Center for PTSD](#), 7 - 8% of the population will experience PTSD at some point in their lives. PTSD can happen to anyone but the good news is that it is treatable.



One Military Family's Story



As part of EveryMind's *Building Resiliency* Town Hall in May, **Dr. Norvell Coots**, President & CEO of Holy Cross Health and a retired United States Army Brigadier General, offered tips and strategies for managing symptoms of post-traumatic stress disorder.

PTSD Tips & Strategies

Mental wellness for everyone is impossible
without equity and justice

EveryMind stands with our community in grief and anger over the murders of

George Floyd, Breonna Taylor, Ahmaud Arbery, Finan Berhe and so many other members of our Black community. Black Lives Matter.

We know mental wellness is critical to each person's ability to thrive, feel connected to others and have a sense of safety and wellness.

EveryMind is committed to being a part of the solution to end systemic racism and help create a community based on equity and justice.

[Read Our Full Statement](#)

Our world has changed and EveryMind stands ready to meet the challenges ahead

We are experiencing profoundly difficult times. The long-term effects of a combination of overwhelming emotions including stress, anxiety, fear, uncertainty, grief and anger is leading to a second crisis for our entire community – a crisis that will significantly increase the need for mental health services.

Please consider a tax-deductible gift to EveryMind. Your support has and will continue to improve and save lives.

[Donate](#)

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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