

The logo graphic consists of three overlapping circles: a light blue circle at the top, a yellow circle in the middle, and a green circle at the bottom, all slightly offset to the right.

EveryMind.

Your mental wellness.  
Our mission.



# EveryMind



65 years serving Montgomery County



One of the largest providers of school-based mental health services in Montgomery County



Programs and services for the **entire lifespan** – from young children to older adults



Community education on mental health and wellness topics including Mental Health First Aid



Expanding our reach across the National Capital Region

**EveryMind.**

Your mental wellness.  
Our mission.

# Most of us know someone who has been diagnosed with a mental illness

**1 in 5** U.S. adults experience mental illness each year

**1 in 25** U.S. adults experience serious mental illness each year

**1 in 6** U.S. youth aged 6–17 experience a mental illness each year

**2nd** Suicide is the 2<sup>nd</sup> leading cause of death among people aged 10–34

Source: <https://health.usnews.com/conditions/mental-health/articles/what-mental-health-statistics-can-tell-us>

  
**EveryMind.**  
Your mental wellness.  
Our mission.

# Overall Impact on Mental Health and Wellness

- Significant increase in food, housing, and/or income/employment insecurity
- Increase feelings of depression, stress, anxiety, grief, and loss as well as ongoing social isolation and loneliness
- Difficulties managing/coping day-to-day with new breaking news stories weekly, if not daily
- CDC data collected in 2020 showed 40% of US adults are struggling with mental health or substance use
- Suicide rate in the Black community increased by 30%

# EveryMind Resources

Hotline – Call or Text

301.738.2255

Hotline – Chat

<https://www.every-mind.org/chat/>

Website

[www.Every-Mind.org](http://www.Every-Mind.org)

Follow us @EveryMindInc



## Resource Links

[EveryMind Referral-English](#)

[EveryMind Referral-Spanish](#)

[Mental Health Resource Guide-English](#)

[Mental Health Resource Guide-Spanish](#)

[Education Request Form](#)

  
**EveryMind.**  
Your mental wellness.  
Our mission.