EveryMind.
Your mental wellness. Our mission.
<table>
<thead>
<tr>
<th><strong>EveryMind</strong></th>
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<tbody>
<tr>
<td><strong>65 years</strong> serving Montgomery County</td>
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<td><strong>One of the largest providers</strong> of school-based mental health services in Montgomery County</td>
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<td>Programs and services for the <strong>entire lifespan</strong> – from young children to older adults</td>
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<tr>
<td><strong>Community education</strong> on mental health and wellness topics including Mental Health First Aid</td>
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<tr>
<td><strong>Expanding our reach</strong> across the National Capital Region</td>
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</tbody>
</table>
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 2nd 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
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

Website
www.Every-Mind.org

Resource Links

EveryMind Referral-English
EveryMind Referral-Spanish
Mental Health Resource Guide-English
Mental Health Resource Guide-Spanish
Education Request Form

Hotline – Chat
https://www.every-mind.org/chat/

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