



MCF
maryland coalition of families

Family Focus

Problem Gambling Awareness Month



Problem gambling doesn't just affect the individual, it impacts the entire family. If you're a parent, sibling, spouse, or friend of someone struggling with problem gambling, you don't have to face it alone. MCF is here to help you navigate this difficult journey. We offer free, statewide family peer support for caregivers, providing resources and guidance to help both you and your loved one. You deserve support, and we're here to walk with you every step of the way.

Visit our website for more information about this and available resources. You can also complete a referral at any time, right from our website. We respect your privacy and anonymity if that is your choice. Reach out today—together, we can make a difference.

[Visit our Problem Gambling page](#)

Our 2025 Children's Mental Health Matters Poster is Here!

Each year, we host a poster contest as part of the Children's Mental Health Matters campaign, a joint initiative with the Mental Health Association of Maryland. This campaign brings together schools, nonprofits, and agencies across the state to raise awareness about the importance of children's mental health, reduce

stigma, and connect families with resources for prevention and support.

The contest invites Maryland students up to age 18 to submit original artwork that highlights mental health awareness and promotes acceptance of mental health challenges. This year, we are thrilled to announce that the winner is Kayden, age 6! Kayden's artwork is featured on the official 2025 campaign poster, which was unveiled at the Behavioral Health Administration's (BHA) Annual Primary Behavioral Health and Early Intervention Conference on March 11.



To request a free poster, please complete the form linked below.

[Request a Poster](#)

Supporting Caregivers: Mental Health Resources for Federal Employees



We are dedicated to providing caregivers with all the resources they need to thrive, offering family peer support through guidance and tools for those caring for individuals navigating behavioral health challenges. A central focus of this support is recognizing the importance of the caregiver's mental and emotional well-being. We understand that caregiving can be both fulfilling and demanding, and equipping

caregivers with the resources to maintain their own mental health is essential for their overall success.

Given the current stress and uncertainty faced by federal employees, we recognize that this time can feel especially overwhelming. Balancing personal, professional, and caregiving responsibilities can take a significant emotional toll. To support you during this difficult time, we've compiled a list of resources specifically designed for those impacted by job loss. These resources offer guidance, relief, and coping strategies, helping you prioritize your own well-being while continuing to support others. Your mental health matters, and these tools are here to help you navigate this challenging time.

[Maryland.gov](#)

[Help4Feds](#)

Montgomery
County

Frederick
County

Prince Georges
County

Baltimore
County

Maryland's Good Samaritan Law: Protecting Those Who Help in Emergencies

Maryland's Good Samaritan Law provides legal protection to individuals who seek or provide medical assistance during an emergency overdose situation. The law encourages people to call for help for someone experiencing an alcohol or drug-related emergency without the fear of arrest or prosecution for certain offenses, such as possession of controlled substances, drug paraphernalia, or providing alcohol to minors. It also extends protection to the victim of the overdose.



Understanding the Good Samaritan Law is essential for businesses and organizations, as it directly impacts workplaces where employees may be called upon to assist in emergency situations. This law provides critical protections for those who act to help during medical emergencies, including overdose incidents.

MCF staff are available to visit your business and provide a presentation on the law, explaining its protections and offering guidance on how to respond in an overdose situation.

[Request a Presentation](#)

Your Donations Help Us Expand Our Support

At MCF, we understand that navigating the behavioral health system can be overwhelming for families. The process can be complex, stressful, and often isolating, especially when trying to find the right resources and support. That's why we are dedicated to offering free, comprehensive family peer support services to assist every step of the way.

Whether families need help understanding their options, connecting with resources, or simply



Family Peer Support

ITEM	PRICE
Shared Understanding and Empathy	\$0.00
Reduced Isolation and Stigma	\$0.00
Skill Building and Coping Strategies	\$0.00
Enhanced Resilience and Hope	\$0.00
TOTAL:	\$0.00

someone to talk to who truly understands what they're going through, we are here for them. We firmly believe that no one should have to face these challenges alone, and that support should be accessible to everyone, regardless of insurance status or background.

All of our services are provided at no cost because we are committed to ensuring that every family has the help they need, when they need it.

Donations can help us reach more families, offer additional resources, and provide even more support to those who need it most. Please consider making a contribution today to ensure that this life-changing service remains available to all families, free of charge. Together, we can

make a difference.

Donate Today

Get Connected! Stay Informed!

Online and In Person Support Groups

MCF offers many support groups to provide a safe space for you to learn, share and receive compassionate help. All are facilitated by trained Family Peer Support Specialists who have dealt with similar challenges in their own families. Groups are free for all participants and are held on different days of the week and different times of day. Find one or more that can work for you and join us soon!

Find a Support Group

Workshops, Trainings & Other Events

MCF offers a wide range of events, trainings and workshops for families who have a loved one with mental health, substance use or problem gambling challenges. Events are held in communities across the state or virtually and are offered at no cost to participants. Visit our website to learn more!

Past and Upcoming Events

MCF Employment Opportunities

MCF is growing, and we have employment opportunities that might be perfect for you or someone you know! We currently have openings in many areas of the State. Please check our website for a complete list of openings.

- **Supervisor - Behavioral Health (Homebased - Must Live in Baltimore or Harford County)**
- **Training Manager (Homebased - Must Live in Maryland)**
- **Family Peer Support Specialist - Mental Health (Must Live in Caroline or Talbot County)**

[Employment Opportunities](#)



www.mdcoalition.org



[Donate](#)

Maryland Coalition of Families | 8950 State Route 108 Suite 223 | Columbia, MD 21045 US

[Unsubscribe](#) | [Update Profile](#) | [Constant Contact Data Notice](#)



Try email marketing for free today!