

# October National Depression and Mental Health Awareness and Screening Month

Depression is one of the most common mental illnesses in the United States, affecting an estimated 11 million adults.<sup>1</sup> Of these, two thirds do not actively seek nor receive proper treatment,<sup>2</sup> which can result in severe impairments that interfere with or limit their ability to engage in important life activities.

During October and throughout the year, depression and mental health screening are primary focus areas of Magellan Healthcare in managing behavioral health for our members and educating our communities. We encourage you to use and share these resources addressing depression, mental health more broadly, mental health screening, suicide prevention, post-Election Day anxiety, and coping with COVID-19 and the holidays.

Magellan also recognizes the following observances in October:

- Mental Illness Awareness Week, October 4-10
- National Depression Screening Day, Thursday, October 8
- World Mental Health Day, Saturday, October 10

## Magellan events for October and beyond

- **Magellan Healthcare #bhXPRT Twitter chats, the second Thursday of each month, from 3:00 – 3:30 p.m. ET**  
Make your voice heard as we discuss the important issues below with our special guests. Find details, including the discussion questions and how to participate [here](#), about a month before each event.
  - **October 8**, Using technology to address the growing behavioral health needs of children and adolescents
  - **November 12**, Post-Election Day anxiety
  - **December 10**, Coping with the holidays during COVID-19
- **eMpowered for Learning webinar, Understanding practice standards for peer supporters, Thursday, October 22, 2:00 – 3:30 p.m. ET**
  - This webinar is part one in a two-part series, presented by the National Association of Peer Supporters.
  - Additional details, including about CE credits and registration, will be available [here](#) closer to the event.
- **Webinar, Holiday emotional wellness**
  - Details and the registration link will be available [here](#), closer to the event.
- **Magellan Youth Leaders Inspiring Future Empowerment (MY LIFE)**
  - For upcoming events, visit [here](#) and the MY LIFE Facebook page below.

## Information and resources

- Visit our [depression and mental health screening website](#) for event updates, downloads and more.
- Follow us on [LinkedIn](#), [Twitter](#) and our MY LIFE [Facebook](#) page for more information and tools.
- Check out our Magellan Health Insights [blog](#) for posts throughout October and beyond.

<sup>1</sup> National Institute of Mental Health. Major Depression. Retrieved July 21, 2020 from <https://www.nimh.nih.gov/health/statistics/major-depression.shtml>

<sup>2</sup> National Network of Depression Centers. Get the Facts. Retrieved July 21, 2020 from <https://nndc.org/facts/>