

May Mental Health Month

More than two in five Americans are struggling with mental or behavioral health issues associated with COVID-19, according to a CDC report on mental health, substance use and suicidal ideation during the pandemic. While the increased pressures from health concerns, economic instability and social issues on adults are clear, mental health impacts on children and young people cannot be overstated. The CDC report revealed that while 11% of adults seriously contemplated suicide in June 2020, the same was disproportionately reported by young people aged 18 to 24 (26%).¹

During May and throughout the year, Magellan Healthcare is committed to increasing awareness about mental health, wellness, and the importance of recognizing and addressing concerns. We encourage you to learn more through the events and resources on this page, and share with family, friends and colleagues.

Magellan also recognizes Children's Mental Health Awareness Week, May 2-8, and other health awareness observances in May. See our website at MagellanHealthcare.com/Mental-Health-Month for more information.

Events in May and beyond

- **Magellan Healthcare webinar: How are your kids doing? Wednesday, May 5, 2:00 p.m. ET**
Join Magellan's Dr. Keith Brown, MD, child psychiatrist and medical director, and Greg Dicharry, CPRP, youth empowerment director, as they share their knowledge and years of experience working with children to improve mental health and wellness, and answer audience questions.
 - Visit [here](#) for more information and free registration.
- **Stay Home for MY LIFE (Magellan Youth Leaders Inspiring Future Empowerment) virtual youth fest, Thursday, May 27, and the fourth Thursday of every month, 6:00 – 7:30 p.m. ET**
Take part in this fun and inspirational event for youth who have experience with mental health, substance use, juvenile justice and foster-care-related issues.
 - Visit [here](#) and the MY LIFE Facebook page below for more information and free registration.
- **Stamp Out Stigma (SOS) Twitter chats, Thursdays in May, 1:00 – 2:00 p.m. ET**
Events will focus on suicide prevention, BIPOC and LGBTQ+ mental health, and whole body health in a chat with Magellan co-host, Dr. Varun Choudhary, chief medical officer, behavioral health.
 - Use #SOSChat (May 6, 13, 20) and #MHMChat (May 27) to participate.

Information and resources

- Visit our [Mental Health Month 2021 webpage](#) 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 in May and beyond.

¹ Mental Health, Substance Use, and Suicidal Ideation During the COVID-19 Pandemic — United States, June 24–30, 2020, Center for Disease Control.