

## 2022 May Mental Health Month

Throughout the world, seven in 10 people are struggling or suffering in their lives.<sup>1</sup> From 2015–2020, we have seen increases—every year—in mental illness, serious mental illness, suicidal ideation, serious psychological distress, illicit drug use and perceived unmet need for mental health services among U.S. adults.<sup>2</sup> Culminating mental health challenges for young people, made worse by COVID-19, have initiated the Surgeon General and leading children’s health organizations in issuing declarations of a youth mental health crisis.<sup>3</sup> We are recovering from a pandemic, and dealing with civil, economic and global unrest, including the conflict between Russia and Ukraine, which is re-instilling a sense of loss, frustration, hopelessness and fear.

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

### Magellan Healthcare webinar

**"Addressing the effects of social media on kids," Wednesday, May 11, 2:00-3:00 p.m. ET**

- **Presenters:** Magellan’s child psychiatrists Dr. LaShondra Washington and Dr. Keith Brown, and Senior Director Children’s Healthcare Barbara Dunn, and Creator of Magellan Youth Leaders Inspiring Future Empowerment (MY LIFE) Greg Dicharry.
- Visit [here](#) for more information and free registration.

### Helping others with Inspiring My Generation (IMG)

Join Magellan in supporting [IMG](#), a non-profit organization dedicated to saving lives through mental health awareness, early symptom detection, emotional support and suicide prevention. You can participate in the IMG Encouragement Card Program by making cards for adults and youth hospitalized in mental health facilities to bring them comfort and motivation in their recovery journey.

- [Learn more and find resources to participate and host a card-making party.](#)

### Additional information and resources

- Visit [MagellanHealthcare.com/Mental-Health-Month](https://MagellanHealthcare.com/Mental-Health-Month) for event updates, downloads and more.
- Follow us on [LinkedIn](#), [Twitter](#) and [Facebook](#) for more information and tools.
- Check out our Magellan Health Insights [blog](#) for posts in May and beyond.

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<sup>1</sup> [“The Next Global Pandemic, Mental Health,” Gallup The Chairman’s Blog](#)

<sup>2</sup> [SAMHSA 2020 National Survey of Drug Use and Health Trend Tables and Adult Mental Health Trend Tables](#)

<sup>3</sup> [Dec. 7, 2021, HHS press release on the Surgeon General’s Advisory addressing the youth mental health crisis](#), and [Oct. 19, 2021, AAP-AACAP-CHA declaration of a national emergency in child and adolescent mental health](#)