

October National Depression and Mental Health Awareness and Screening Month

Even before the COVID-19 pandemic entered our world, the prevalence of mental illness and suicidal ideation in the US was increasing. In 2019, 61.2 million American adults (24%) had a mental illness and/or substance use disorder, an increase of 5.9% over 2018.¹ Increased stressors brought about by the pandemic – grief and loss, social isolation, financial instability, fear, etc. – have exacerbated the state of MH in the US. More people from January – September 2020, compared to all of 2019, sought help for anxiety (93% increase) and depression (62% increase).² Since COVID-19 began, suicidal ideation in the US has more than doubled, with younger adults, racial/ethnic minorities, essential workers and unpaid adult caregivers experiencing disproportionately worse effects.³

Among those who experience a mental health illness, more than half do not receive treatment. In fact, what we've seen in our data is that 60% of patients who are admitted to inpatient care were first seen in a primary care setting within 6-12 months of the admission and the BH condition was either missed or not addressed.¹

For National Depression and Mental Health Awareness and Screening Month in October and throughout the year, Magellan Healthcare is committed to increasing awareness about depression, mental health more broadly, and the importance of mental health screening in primary care settings and beyond. We encourage you to learn more through the events and resources on this page, and share with family, friends and colleagues.

Events in October

- **Magellan Healthcare eMpowered for Learning webinar, “Hype or hip? Exploring digital health technology for recovery,” with Keris Jän Myrick MS, MBA, director at the Jed Foundation and co-director of The Mental Health Strategic Impact Initiative, Wed., October 27, 1:00 – 2:30 p.m. ET**
 - Register for free [here](#), and check the Magellan eLearning Center [here](#) for info. on continuing credits.
- **Magellan Healthcare webinar, “Depression is more than just a rough patch,” with Magellan Healthcare medical directors, Dr. Candice Tate and Dr. Jamie Hanna, Thurs., October 28, 2:00 – 3:00 p.m. ET**
 - Visit [here](#) for more info. and free registration.
- **Stay Home for MY LIFE (Magellan Youth Leaders Inspiring Future Empowerment) virtual youth fest, Thurs., October 28, 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.
 - Register for free [here](#), and visit the MY LIFE Facebook page [here](#) for more info. and updates.

Information and resources

- Visit [MagellanHealthcare.com/Mental-Health](https://www.MagellanHealthcare.com/Mental-Health) for updates, downloads and more.
- Follow us on [LinkedIn](#), [Twitter](#) and our MY LIFE [Facebook](#) page for more info. and tools.
- Check out our Magellan Health Insights [blog](#) for posts in October and beyond.

¹ https://www.samhsa.gov/data/sites/default/files/reports/rpt29392/Assistant-Secretary-nsduh2019_presentation/Assistant-Secretary-nsduh2019_presentation.pdf

² <https://mhanational.org/issues/state-mental-health-america>

³ <https://www.cdc.gov/mmwr/volumes/69/wr/mm6932a1.htm>