



## Start your February off right with new behavioral health resources from Magellan

### Upcoming events

**- Thursday, February 3, 2022, 5:00 – 6:00 p.m. ET**

Stay Home for MY LIFE virtual youth fest, “It’s my life; I’m going to live it well”

- [More information and free registration](#)

**- Wednesday, March 30, 2022, 2:00 – 3:30 p.m. ET**

Recovery & Resiliency webinar, “From hardship to hope: Strategies to foster financial wellness” (CE eligible)

- [More information and free registration](#)



### Magellan Health Insights blog posts



- [15 tips for your mental health in 2022](#)

- [Wellness in 2022: A model for everyone](#)

Dr. Carney, MD, MSc, FAPM, CPHQ, in the news

- Magellan Health, "[Magellan Health Appoints Dr. Caroline Carney as President of Behavioral Health](#)"
- *Forbes Health*, "[ADHD In Adults: Diagnosis, Treatment And More](#)"
- *Forbes Health*, "[ADD vs. ADHD: What's The Difference?](#)"

