

# 2023 October National Depression and Mental Health Awareness and Screening Month

The prevalence of depression – a sad mood that lasts for a long time and interferes with normal, everyday functioning – among children increased by 89% from 2004 to 2020, while the rate of treatment has only nominally increased.<sup>1</sup> Certain demographic groups have been disproportionately affected, including girls, of which the prevalence of depression has increased from 13.1% in 2004 (5% among boys) to 25.2% in 2020 (9.2% among boys).<sup>1</sup>

The prevalence of mental health conditions among adults increased by 19% from 2008 to 2020.<sup>1</sup> In 2021, more than 21 million adults experienced depression.<sup>2</sup> Rates of depression are higher among certain groups like younger adults, females and people who are multi-racial.<sup>2</sup>

Among those who experience a mental health condition, more than half do not receive treatment.<sup>3</sup> 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 behavioral health condition was either missed or not addressed.

**During 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 resources on this page, and share with family, friends and colleagues.

## Magellan Healthcare webinar

### "Impacts of protective and adverse childhood experiences"

Wednesday, October 25, 2:00–3:00 p.m. ET

- Visit [here](#) for more information and free registration

## Additional information and resources

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

<sup>1</sup> [2020 National Survey of Drug Use and Health Adult and Youth Mental Health Trend Tables](#)

<sup>2</sup> [2021 National Survey of Drug Use and Health Adult Mental Health Tables](#)

<sup>3</sup> [Mental Health America, The State of Mental Health in America](#)