

May is Mental Health Month

Together, we can Stamp Out Stigma.

Did you know that mental health and substance use disorders are more common than many physical illnesses like heart disease and diabetes?

Together, we can stamp out stigma by recognizing that mental health should have the same priority as physical health, talking about experiences and making sure people get the treatment they need and begin the recovery process.

Practice these tips to stamp out stigma:

- Don't let stigma create self-doubt and shame
- Talk openly about mental health
- Speak out against stigma
- Get treatment
- Join a support group

To learn more about stamping out stigma, visit MagellanHealthcare.com/Mental-Health-Month.

