

2023 May Mental Health Month

We are recovering from a pandemic and dealing with social, political, economic, environmental and global unrest, including high inflation, which has increased stress levels and contributed to loss, frustration, hopelessness and fear.

More than one in five American adults was diagnosed with a mental health condition in 2021.¹ The prevalence of mental health conditions among adults has increased 19% from 2008 to 2020.² Suicidal ideation, serious psychological distress, illicit drug use and perceived unmet need for mental health services among adults have increased every year from 2015–2020.² Of individuals aged 12 or older in 2021, 16.5% had a substance use condition.³ The prevalence of depression among children has increased by 89% from 2004 to 2020, while the rate of treatment has only nominally increased.⁴

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.

Medicaid Health Plans of America and Magellan Healthcare webinar

"Depression is real. Recovery is possible."

Wednesday, May 3, 2:00–3:00 p.m. ET

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

Helping others with Inspiring My Generation (IMG)

Join Magellan in supporting [IMG](#), a non-profit organization dedicated to reducing suicide rates through awareness, conversation, education and support. 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 journeys.

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

Additional information and resources

- Visit MagellanHealthcare.com/Mental-Health-Month for 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.

¹ [SAMHSA 2021 National Survey of Drug Use and Health Adult Mental Health Tables](#)

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

³ [SAMHSA 2021 National Survey of Drug Use and Health Substance Use Disorder and Treatment Tables](#)

⁴ [SAMHSA 2020 National Survey of Drug Use and Health Youth Mental Health Trend Tables](#)