**Subject line:** October is National Depression and Mental Health Awareness and Screening Month – Recovery is possible

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| Background pattern  Description automatically generated with low confidence |
| |  | | --- | | **October is National Depression and Mental Health Awareness and Screening Month**  Depression is real, common and treatable. Recovery is possible.  Depression is a serious mental illness that affects how people feel, think and go about their everyday tasks. It isn’t something that eventually “passes.” The good news is that it’s one of the most common and treatable mental health disorders. We can all play a role in supporting people with depression.  During National Depression and Mental Health Awareness and Screening Month, we would like to remind you that your program provides emotional health and wellbeing services and resources to help you and your household members learn more about depression and find treatment options.  Your program is available any time, day or night. You can use it as a resource for self-help tools, counseling, financial wellbeing and other life enrichment services that are free of charge and confidential to use.  Visit the member website [links to MagellanAscend.com or Member.MagellanHealthcare.com] today or call 1-800-xxx-xxxx for compassionate and caring support. | |
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