



## May is Mental Health Month!

Find everything you need here to learn more and spread awareness

### Mental Health Month

Visit [MagellanHealthcare.com/MHM](https://MagellanHealthcare.com/MHM) to find:

- Tip sheets, flyers, posters, Zoom background and more!
- Information on our collaboration with [Inspiring My Generation](#) and resources to get involved in its Encouragement Card Program to bring comfort and motivation to adults and youth hospitalized in mental health facilities



### New Facebook page, "Magellan Recovery, Resiliency and MY LIFE"

The focus of Magellan's MY LIFE Facebook page is now broadened to include recovery and resiliency inspiration and information for youth and adults.

- Visit [Facebook.com/MagellanRecoveryResiliencyMYLIFE](https://Facebook.com/MagellanRecoveryResiliencyMYLIFE) today for the new campaigns—Motivation Mondays, Wellness Wednesdays and Facts Fridays



### Upcoming events

- Wednesday, May 11, 2022, 2:00 - 3:00 p.m. ET  
**Magellan Healthcare webinar, "Addressing the Effects of Social Media on Kids"**

- [More information and free registration](#)

- Tuesday, May 24, 2022, 2:00 - 3:00 p.m. ET  
**Magellan Healthcare webinar, "Access and Diagnosis, and Direct-to-Consumer vs. Clinical Testing"**

- [More information and free registration](#)

- Wednesday-Thursday, June 8-9, 2022  
**Going Digital Behavioral Health Tech 2022, the largest conference focused on virtual behavioral health access and innovation** (including presentation by Magellan's Dr. Carney and Dr. Bahl)

- [More information and free registration](#)



## Magellan Health Insights blog posts

- [The Convergence of Genomics and Public Health: 3 Reasons Why It Matters](#)
- [Obstructive Sleep Apnea and Your Cognitive and Mental Health](#)
- [May is Military Appreciation Month and Month of the Military Caregiver](#)



## Magellan in the news

- Magellan Health, "[Magellan Healthcare Provides Resources to Address Growing Needs and Bring Awareness During Mental Health Month](#)"
- Magellan Health, "[Magellan Healthcare Announces New Collaboration with Concert Genetics to Improve Genetic Testing](#)"
- Magellan Health, Psych Hub and NeuroFlow, "[Psych Hub, Magellan Healthcare, and NeuroFlow Launch Psychiatric Collaborative Care Model Training Program](#)"
- *Formulary Watch*, "[Can Psychedelics Treat Mental Health Conditions?](#)"
- *Scary Mommy*, "[Is COVID Insomnia Real? The Virus Can Impact Sleep — Even If You Haven't Had It](#)"
- DUOS, "[DUOS Secures \\$15 Million Series A to Double Down on its 'System of Aging'](#)"
- *MedCity News*, "[At-Home Alcohol Treatment Covered by Insurance for BlueShield of CA and Western Health Advantage Members](#)"



