



Magellan Healthcare Hosts Free Webinar Focused on Protecting Emotional Wellbeing During the Holiday Season

November 15, 2022

Webinar will feature Magellan's doctors and an inspiring recovery story from a person with lived experience of seasonal depression.

FRISCO, Texas – November 15, 2022 –[Magellan Healthcare Inc.](#), the behavioral and specialty healthcare segment of [Magellan Health, Inc.](#), today announced plans to host a webinar and provide free resources and information to encourage emotional wellbeing ahead of the upcoming holiday season.

On **Wednesday, November 16, 2022, 2-3 p.m. ET**, join Magellan Healthcare for the webinar, “Protecting your emotional wellbeing this holiday season,” with Magellan’s Kimberly Rowlands, CPSW, COAPS, certified peer support worker; Candice Tate, MD, MBA, psychiatrist, medical director; and Gerald Busch, MD, child psychiatrist, medical director, to hear the inspiring recovery story from a person who lives with seasonal depression. This will be followed by a discussion as the panelist share their knowledge and professional experience in addressing emotional wellbeing during the holidays. Visit [here](#) for more information and free registration.

Additional Resources

If you are worried about your mental or emotional wellbeing this holiday season, or anytime, visit [MagellanHealthcare.com/Mental-Health-Screening](#) for links to reputable, free self-assessments of behavioral/mental health, substance use and more. Once you complete an assessment, be sure to review your results and any recommendations.

Key Statistics

A study from financial services company *Beyond Finance* shows Americans are increasingly more stressed this holiday season, including 49% percent who experience increased stress due to the expectations of family and friends.^[1] With inflation at a 40-year high in 2022:

- 68% of Americans are expecting holiday spending to worsen their stress levels this year, including 53% who expect it will cause some stress and 15% who expect it will cause significant stress.
- 57% of Americans are either much more concerned (25%) or somewhat concerned (32%) about being able to pay for holiday gifts this year.

“The holidays can be a time of joy, and a time of increased stress, anxiety and sadness,” said Dr. Candice Tate, MD, MBA, psychiatrist, Magellan Healthcare medical director. “While we can always find a cause for concern, we can also find things to be grateful for. Shifting the focus can make you feel better. Magellan is committed to improving and increasing awareness about behavioral and mental health through our community outreach and innovative behavioral health member and provider services.”

[1] [Beyond Finance financial stress survey, August 2022](#)

About Magellan Healthcare: [Magellan Healthcare, Inc.](#), the healthcare business unit of Magellan Health, Inc., offers solutions for complex conditions in the areas of behavioral health and medical specialty treatment. Magellan Healthcare and its subsidiaries serve commercial health plans, employers, state and local governments, and the Federal government, including the Department of Defense. For more information, visit [MagellanHealthcare.com](#) or follow us on [Twitter](#), [LinkedIn](#), and [Facebook](#).

About Magellan Health: [Magellan Health, Inc.](#) is a leader in managing the fastest growing, most complex areas of health, including special populations, complete pharmacy benefits and other specialty areas of healthcare. Magellan supports innovative ways of accessing better health through technology, while remaining focused on the critical personal relationships that are necessary to achieve a healthy, vibrant life. Magellan’s customers include health plans and other managed care organizations, employers, labor unions, various military and governmental agencies and third-party administrators. For more information, visit [MagellanHealth.com](#).

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