



The Maryland State Medical Society

News: For Immediate Release

Additional Information Contact:

Gene M. Ransom, CEO

Office: 410-539-0872 x 3305

MAY IS MENTAL HEALTH AWARENESS MONTH

BALTIMORE, May 8, 2023 — MedChi, The Maryland State Medical Society, together with the [Maryland Physician Health Program](#) (MPHP), is observing Mental Health Awareness Month to bring awareness to mental health conditions and to help move away from the associated stigma. As Maryland’s advocate and resource for physicians, patients, and public health, MedChi is committed to raising awareness of an issue that impacts so many of its members and their patients. Mental health is equally as important as physical health, yet many do not seek treatment.

MPHP is operated by MedChi’s foundation, the [Center for a Healthy Maryland](#), and its services are available to practitioners licensed by the Maryland Board of Physicians who are experiencing problems - regardless of their affiliation with MedChi. Practitioners may voluntarily contact the program by emailing PHPInfo@medchi.org or by calling 410-962-5580 or where they will receive support and referral treatment in a confidential, private setting. Concerned colleagues or family members may also contact the program.

According to the [Anxiety and Depression Association of America](#), around 40 million people in the United States experience an anxiety disorder in any given year, and an estimated 19 million adults in the U.S. had at least one major depressive episode in 2022. Approximately 8% of children and teenagers experience an anxiety disorder before the age of 21.

MedChi President Dr. James York is a strong advocate for addressing mental illness at a early age. As the founder of MedChi’s *Child Behavioral Health Task Force*, he emphasized that “Getting help early is key to addressing mental illness and represents an important step towards preventing further decline and the development of additional problems. Anyone who is experiencing signs or symptoms of mental illness should reach out to their physician as soon as possible.”

About MedChi

MedChi, The Maryland State Medical Society, is a non-profit membership association of Maryland physicians. Formed in 1799, it is still the largest physician organization in Maryland today. The mission of MedChi is to serve as Maryland's foremost advocate and resource for physicians, their patients, and the public health of Maryland. For more information, please visit www.medchi.org.