



The Maryland State Medical Society

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MAY IS MENTAL HEALTH AWARENESS MONTH

BALTIMORE, May 20, 2019 — MedChi, The Maryland State Medical Society, together with the Maryland Physician Health Program (MPHP), is joining in on Mental Health Awareness Month throughout May to raise awareness about mental health conditions and move the conversation away from stigma towards normalizing these experiences. Mental health is a part of our daily lives, and should take priority alongside our physical health. As Maryland's foremost advocate and resource for physicians, patients, and the public health of Maryland, MedChi is proud to help raise awareness of an issue that impacts so many of our members and their patients.

MedChi's foundation, the Center for a Healthy Maryland, operates the Maryland Physician Health Program. MPHP is available to practitioners licensed by the Maryland Board of Physicians, regardless of their affiliation with MedChi, which are experiencing problems. They can voluntarily contact the program by calling 410-962-5580 or 800-992-7010. Concerned colleagues or family members may also contact the program. The practitioner can find assistance, support, and advocacy from trained professionals who can be trusted as part of a safe, confidential process in addressing various issues, one of which includes depression and other mental health concerns.

According to the Anxiety and Depression Association of American (ADAA) nearly 450 million people worldwide are currently living with a mental illness, yet nearly two thirds of people with a known mental illness never seek treatment.

MedChi President, Dr. Benjamin Stallings, urges "if you are experiencing signs or symptoms of mental illness, please reach out to your physician as soon as possible. Early intervention and getting help are key in addressing mental illness and preventing further decline and other problems.

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.

About Maryland Physician Health Program

The Maryland Physician Health Program (MPHP) assists physicians and physician assistants in a confidential, private setting to address issues that may potentially impact their ability to practice medicine. The Program assesses and refers participants to clinically appropriate treatment, helps the participant develop a rehabilitation plan, provides case management to facilitate progress with the plan, and provides advocacy on behalf of the client when needed. The program also provides education and outreach to the medical community regarding physician impairment and available services. For more information, please visit <http://healthymaryland.org/physician-health/physician-health-program/>.