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MAY IS MENTAL HEALTH AWARENESS MONTH

BALTIMORE, May 20, 2025 — 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 remove the associated stigma. As Maryland's advocate and resource for physicians, patients, and public health, MedChi has always been committed to raising awareness of this issue that impacts so many of its members and their patients.

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.

MedChi has been a longtime advocate of supporting the struggles of mental health. We have lobbied for legislation to establish programs for mental health assistance; fought for accessibility to mental health services via telehealth during the COVID-19 pandemic; supported training for veterans and their families to help identify mental health issues; and continued to fight against Medicaid cuts which would greatly impact the health and well being of patients, including those needing mental health services.

The theme for 2025's Mental Health Awareness Month is "Turn Awareness into Action". The goal is to encourage individuals and communities alike to move beyond just understanding mental health issues and to actively help with efforts to support mental well-being. Whether seeking help when needed, supporting others, or advocating for systemic changes to improve access to mental health care, MedChi is here to offer any support needed.

As the President of MedChi, Dr. Padmini Ranasinghe emphasizes the importance of resilience and support in mental health. "By confronting and overcoming challenges, individuals not only become stronger and wiser but also inspire those around them. This can lead to a greater awareness of personal struggles and encourage others to seek help or understand those facing mental health issues. Remember, early intervention is crucial—don't hesitate to seek help for yourself or offer support to someone else."

Dr. Ranasinghe also highlights that mental well-being is critically important for a productive society. Early diagnosis and timely interventions play a vital role in effectively addressing mental health issues. Additionally, while advancing technology has brought many benefits, it has sometimes exacerbated feelings of loneliness and related mental health conditions. Increasing awareness, destigmatizing mental health and fostering a supportive environment are key to overcoming these challenges

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.