



The Maryland State Medical Society

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MEDCHI RECOGNIZES MENTAL HEALTH AWARENESS MONTH AND ENCOURAGES COMMUNITY SUPPORT AND OPEN CONVERSATIONS

BALTIMORE, May 19, 2026 — During Mental Health Awareness Month, MedChi, The Maryland State Medical Society, is joining organizations across the nation in recognizing this year's theme, "More Good Days, Together," which emphasizes the importance of community support, reducing stigma surrounding mental health, and encouraging practical steps to improve mental wellness.

Mental health remains a vital part of overall health and well-being. Millions of Americans experience mental health challenges each year, yet many individuals continue to delay or avoid seeking care due to stigma, lack of resources, or fear of judgment.

"This year's theme reminds us that mental health is not something anyone should have to face alone," said Eric Wargotz, President of MedChi. "Creating more good days starts with compassion, connection, and making mental health conversations a normal and supported part of healthcare and everyday life."

MedChi encourages Marylanders to prioritize mental wellness by taking actionable steps such as:

- Staying connected with family, friends, and supportive communities
- Speaking openly about mental health concerns
- Seeking professional help when needed
- Practicing healthy routines including sleep, exercise, and stress management
- Checking in regularly on friends, coworkers, and loved ones
- Taking breaks from overwhelming news and social media when necessary

Physicians also stress the importance of recognizing warning signs that someone may be struggling, including persistent sadness, withdrawal from activities, changes in sleep or appetite, increased anxiety, difficulty concentrating, or expressions of hopelessness.

Throughout Mental Health Awareness Month, MedChi encourages Maryland residents to learn more about available mental health resources, support one another, and remember that small actions and conversations can help create stronger, healthier communities.

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.