



Mental Health and Bullying

Take Part in Take Mental Health To Heart!

As many as 160,000 students stay home from school each day because they are afraid of being bullied.

Magellan Health Services announces its second annual [Take Mental Health To Heart](http://www.TakeMentalHealthToHeart.com) campaign. The campaign is in honor of Mental Health Awareness Month 2012. We are focusing on mental health and bullying this year. We are encouraging people to help build a bully-free community.

We are looking at the impact that bullying has on:

- Victims.
- Witnesses.
- Bullies.

We have partnered with [The Jed Foundation](http://www.TheJedFoundation.com) to raise awareness about how bullying affects people.

Information about Bullying

You can find this information and more on www.TakeMentalHealthToHeart.com:

- Details on how bullying impacts victims, witnesses and the bully.
- Helpful information for parents.
- A screening tool for depression.
- Other information.
- Website links.

Follow the campaign on Twitter at @MagellanCares. You can also learn about The Jed Foundation. Follow:

- @JedFoundation.
- @LovesLouder.

What you can do about Bullying

Learn what you can do about bullying in our [Newsletter for Families](#).

Take the Pledge. Plant a Virtual Seed!

Please leave a comment by “planting a virtual seed” on the website. You can share it with friends and family to raise awareness about bullying. Share your pledge to end bullying with others. Each person’s seed will grow into a “tree.” The trees represent the people who have been reached by the message.

Magellan will donate \$5 to The Jed Foundation for every virtual seed planted in May. We will donate up to \$25,000.

Support the cause! Visit www.TakeMentalHealthToHeart.com.