

Effectively Coping with Trauma and Grief While Serving in the Military

Take Mental Health To Heart campaign from Magellan Health Services, National Military Family Association and Horizon Healthcare Services provides information for members of the military and their families

AVON, Conn.--(BUSINESS WIRE)-- As America's service members face wars and conflicts on multiple fronts and assist with recovery efforts in response to natural and man-made disasters here at home, the possibility of experiencing a traumatic event or the loss of a friend or colleague is great. While significant progress has been made in recognizing and treating mental health conditions such as post traumatic stress disorder, the stigma associated with mental illness means that those who need help often suffer in silence.

May is both National Mental Health Awareness Month and National Military Appreciation Month, and Magellan Health Services (NASDAQ: MGLN) has launched an initiative called [Take Mental Health To Heart](#), in conjunction with the National Military Family Association and Horizon Healthcare Services, Inc. to raise awareness about mental wellness topics impacting Americans. In its inaugural year, the initiative highlights the distinct and complex mental wellness issues that specifically affect the military community by striving to create an understanding of the military population's challenges, while working to combat the stigma that too often accompanies mental illness.

Experiencing Trauma and Grief

Life in the military comes with the inherent risk that service men and women could experience a traumatic event, whether it's the loss of a fellow service member, a severe injury, a natural or man-made catastrophe, or disturbing incidents of violence and human suffering. The military provides a great deal of training and resources to help troops prepare and cope with traumatic experiences, but it can be hard to prepare for the impact of trauma and navigate the often confusing grieving process that can follow. For some, the impact of trauma may not be felt for months or years, when symptoms of post traumatic stress disorder (PTSD) may appear. The social stigma associated with mental illness and PTSD also creates one more barrier for those in need of help.

"Whether on the front lines of war or responding to a disaster here at home, America's service men and women often face some of the grimmest situations imaginable, and that can have a lasting impact no matter how much someone is prepared in advance," said Anthony Kotin, M.D., chief medical officer at Magellan Health Services. "No one should be expected to carry that burden alone, so it's important that we fight the stigma of mental illness and remind those experiencing grief or symptoms of post traumatic stress that grieving is normal and help is available."

For those experiencing stress or grief resulting from a loss or traumatic event:

- Give yourself time to heal. Allow yourself a period of mourning and recovery from the loss or traumatic event. Try to be patient with changes in your emotional state.
- Ask for support from people who care about you and who will listen to your experience. Communicate your experience in whatever ways feel comfortable to you, such as by talking with family or close friends, or putting thoughts down in a journal.
- Identify military resources that can help you in your recovery, as well as traditional resources such as counselors, chaplains and support groups.
- At home and when possible during deployment, maintain healthy sleep and eating habits and avoid drugs, caffeine and alcohol.
- Help those you can. Helping others, even during your own time of distress, can bring relief, raise your spirits and help you in your recovery.
- Avoid major life decisions such as switching careers or moving if possible because these activities tend to be highly stressful.

Also, those experiencing a mental health crisis or feeling overwhelmed by symptoms of PTSD should seek help immediately from a health care provider, an emergency room, or by calling a hotline such as 1-800-273-TALK.

"Friends and family play a critically important supportive role in helping loved ones find the help they need, whether they are soldiers returning from duty or others who have experienced a traumatic loss," said Christy W. Bell, executive vice president, healthcare management, Horizon Healthcare Services, Inc. "That's why everyone should make the effort to better educate themselves on how to direct the people they care about to services and programs that open the door to emotional healing."

For more on this topic and other mental wellness information for members of the military, veterans and their families,

visit www.TakeMentalHealthToHeart.com.

Spreading the Word for a Good Cause

The interactive section of [TakeMentalHealthToHeart.com](http://www.TakeMentalHealthToHeart.com) features free electronic "post cards" with a variety of images, messages and a link to additional campaign resources. Cards can be sent to those in the military community, offering words of support and appreciation, and reminding recipients to make mental health a priority. Visitors can also send a card to Magellan that will be shared with the National Military Family Association and their members. For every e-card sent, Magellan and Horizon Healthcare Services, Inc. will each donate \$1 to support the National Military Family Association, up to a combined total of \$50,000. The site also features a digital message wall where visitors can share their stories, encouragement and words of gratitude for members of the military and their families.

About Take Mental Health To Heart: In honor of Mental Health Awareness Month this May, Magellan Health Services has launched *Take Mental Health To Heart*, a program to promote good mental health as a key component to total wellness. The theme for the inaugural 2011 program focuses on mental wellness for members of the military and their families. On each Wednesday in May, Magellan and its campaign partners — the National Military Family Association and Horizon Healthcare Services, Inc. — will provide new resources and information on topics from various phases of military service such as preparing family and friends for a loved one's deployment; mental wellness on duty; dealing with trauma, loss and grief; and the transition to life after service. Information, videos, online assessment tools and interactive elements are available at www.TakeMentalHealthToHeart.com.

About the National Military Family Association: The National Military Family Association is the leading nonprofit organization committed to strengthening and protecting the families of the men and women currently serving, retired, wounded or fallen. The Association provides families of the Army, Navy, Marine Corps, Air Force, Coast Guard, and Commissioned Corps of the USPHS and NOAA with information, work to get them the benefits they deserve, and offer programs that improve their lives. With more than 40 years of service and accomplishments, the National Military Family Association is a trusted resource for military families and the Nation's leaders. To learn more, visit www.MilitaryFamily.org.

About Horizon Healthcare Services, Inc.: Horizon Healthcare Services, Inc., New Jersey's oldest and largest health insurer, is a not-for-profit health services corporation. Horizon Healthcare Services, Inc., serves approximately 3.6 million members and is headquartered in Newark with offices in Wall, Mt. Laurel, and West Trenton. Horizon Healthcare Services, Inc., provides a wide variety of health and dental insurance products and services, including Medicare and Medicaid products, for businesses and individuals.

About Magellan: Headquartered in Avon, Conn., Magellan Health Services, Inc. is a leading specialty health care management organization with expertise in managing behavioral health, radiology and specialty pharmaceuticals, as well as public sector pharmacy benefits programs. Magellan delivers innovative solutions to improve quality outcomes and optimize the cost of care for those we serve. Magellan's customers include health plans, employers and government agencies, serving approximately 31.5 million members in our behavioral health business, 18.5 million members in our radiology benefits management segment, and 4.9 million members in our medical pharmacy management product. In addition, the specialty pharmaceutical segment serves 41 health plans and several pharmaceutical manufacturers and state Medicaid programs. The Company's Medicaid Administration segment serves 25 states and the District of Columbia. For more information, visit www.MagellanHealth.com.

Photos/Multimedia Gallery Available: <http://www.businesswire.com/cgi-bin/mmg.cgi?eid=6727954&lang=en>

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