



Take care of your mental health!

Mental Health Awareness Month serves as a reminder to prioritize mental health and bring light to the judgment surrounding it.

Mental health issues can change how we think, feel, and make decisions. If left untreated, it can have long-lasting effects on your future. It's important to remember that mental illness can affect anyone, and seeking care and treatment is not a weakness, but a strength.

There are many ways to protect your or your child's mental health, but a good place to start is with a Primary Care Provider (PCP). If needed, they can refer you or your child to a behavioral and/or mental health specialist.

We are here to support you and your child's mental health needs. [Visit our website](#) to learn ways we can help you in getting early or follow-up care. For more help, call our **24/7 Behavioral Health/Substance Abuse Hotline: 1-800-731-8529 (STAR/STAR Kids), 1-800-731-8528 (CHIP)**. You can also text or call the **Suicide Prevention Lifeline** number at **988** for emotional support. If you or your child have an emergency and need mental health or substance use treatment immediately, go to the nearest ER or call **911**.

[Learn more](#)



The importance of prenatal care visits:

Going to your prenatal care visits is one of the first steps to keeping you and your baby healthy. It's best to start this care once you find out you are pregnant or as soon as your coverage starts.

Prenatal care visits allow your Obstetrician/Gynecologist (OB/GYN) provider to keep an eye on any problems early on before they become serious. These checkups may include health exams, screenings, vaccinations, and much more. It's also a good opportunity to talk to your OB/GYN about pregnancy topics, such as physical and mental health changes, prenatal vitamins, and which medications you can or cannot take.

Some medications may be harmful to you and your baby. That's why it's important you talk to your OB/GYN before starting or stopping any. To better prepare for your visit, it may help if you bring a list of medications.

[Visit our website](#) to learn more about the importance of prenatal care.

[Learn more](#)



Need a ride to your next doctor visit? Plan ahead!

It can be hard to find transportation to take your family to doctor's appointments or go to the pharmacy. **That's why we have partnered with Medical Transport Management (MTM) to provide you with transportation services at no cost.** Schedule your next ride with the [MTM Link mobile app](#) today!

Before you schedule a ride, be sure you plan ahead.

Get your information ready:

- Member ID number.
- Details of the trip.

Know when to schedule your ride:

- Two business days before your visit if travelling within your service area.
- Five business days before your visit if travelling outside your service area.

Let us know if you need a specific vehicle:

- Rides might include wheelchair-lift-equipped vehicle, stretcher van, minivan, or ambulatory van.

Confirm your family's safety:

- Each member must bring and install Texas law-required child restraint systems if needed.

[Visit our website](#) for more information!

[Learn more](#)



Moms covered by CHIP-P: Keep your baby on your plan!

Reminder: If you are a mom covered by CHIP-P, your newborn will not be automatically enrolled in your same plan.* This means you will need to select a health plan and Primary Care Physician (PCP) for your baby after birth. (If you would like your baby to be covered by Texas Children's Health Plan, this is when you would make that choice!)

Follow these steps as soon as possible after delivery to keep your baby on your health plan of choice:

1. Report the birth of your baby to Texas Health and Human Services Commission (HHSC).
2. Check your mailbox for your newborn enrollment packet or expect a call from HHSC.
3. Fill out the packet, and choose a health plan and PCP for your baby.
4. Wait for HHSC to respond. You should hear back quickly once you have submitted the packet.

[Visit our website](#) for more details on keeping your baby on your health plan of choice and for Application Assistance.

**Please Note: This only applies to newborns of mothers covered by CHIP-Perinate. If you are a pregnant mom covered by Medicaid, your baby is automatically enrolled in your chosen plan after delivery. No actions need to be taken to do so.*

[Learn more](#)

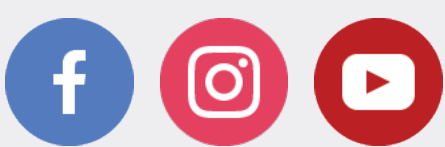
Upcoming Events

Texas Children's Health Plan hosts many fun, FREE events! Visit our website to see what is coming up next. See you there!

[Events](#)

Helpful Links

- [Find a doctor near you](#)
- [Get medical advice 24/7 with our Help Line](#)
- [Have a question? Call us!](#)
- [Get a ride to the doctor's office or drug store](#)
- [Community resources](#)
- [Join a Member Advisory Group](#)
- Member Handbooks
 - [CHIP](#)
 - [STAR](#)
 - [STAR Kids](#)



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