



## Helping your child with their mental wellbeing

Did you know [half of all lifetime mental illness](#) begins by age 14? This means protecting your child's mental wellbeing starts when they are young!

Mental health issues influence how we think, how we feel, and how we make decisions. Leaving these concerns untreated can have long-lasting effects on your child's future.

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

We are here to support you and your child's mental health. [Visit our website](#) to learn ways we can support you in getting early or follow-up care.

**If your child has an emergency and needs mental health or substance use treatment immediately, go to the nearest ER OR call 911. For additional support, call our 24/7 Behavioral Health/Substance Abuse Hotline: [1-800-731-8529](#) (STAR/STAR Kids), [1-800-731-8528](#) (CHIP).**



### The foundation for a healthier future

Well-Child Checkups are an important way to stay on top of your child's health and development. These visits will not only help make sure your child is growing in a healthy way, but they can also help your child's doctor keep an eye on any issues before they become worse. This sets the foundation for them to continue their own positive health journey as they reach adulthood.

These checkups may include:

- Measuring weight and development
- Staying up to date on immunizations
- Guidance on healthy eating habits and how to stay active
- And much more!

Let us help you [schedule](#) your next visit or [ride](#) to your doctor's appointment at no cost.



### Want a no-cost ride to the doctor or pharmacy?

We understand that finding reliable transportation is important for taking your family to doctor's appointments, or even picking up your child's prescriptions at the pharmacy.

That's why we've partnered with Medicaid Transport Management (MTM) to provide you with safe and reliable transportation services at no cost.

You can schedule transportation by phone or through the [MTM Link mobile app](#). Depending on your needs, rides may include wheelchair-lift-equipped vehicles, stretcher vans, mini vans or ambulatory vans. Make sure to tell us what type of ride you need in advance.

Visit [www.texaschildrenshealthplan.org/benefits/transportation-assistance](http://www.texaschildrenshealthplan.org/benefits/transportation-assistance) to learn how to schedule a ride to your next doctor's visit!

## Losing your Medicaid coverage could be costly!

Why is it important to renew your Medicaid coverage every year? If you or your child becomes sick while you are without coverage, any medical care will likely be costly for your family.

Make sure to act quickly when you receive your renewal packet from Texas Health and Human Services Commission (HHSC)! Even if none of your information has changed, make sure you still submit your information back to HHSC.

Log into your profile on [YourTexasBenefits.com](http://YourTexasBenefits.com) to renew online or learn more at [texaschildrenshealthplan.org](http://texaschildrenshealthplan.org).

## Upcoming Events

Texas Children's Health Plan hosts many fun, family FREE events! Visit [www.texaschildrenshealthplan.org/events](http://www.texaschildrenshealthplan.org/events) to see what is coming up next. See you there!

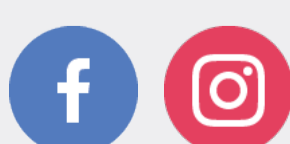
## Helpful Links

- [Find a doctor near you](#)
- [Get medical advice 24/7 with our Nurse 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](#)

## Get in Touch!

What do you think of this newsletter? Have a topic you'd like to hear more about? Let us know by taking a short survey!

[Take Survey Here](#)



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