

988 mental health hotline

988 is here to help those experiencing a mental health crisis. **988** is now the official three-digit code for **emergency mental health services**. If you or someone you know is thinking of hurting themselves, you can get help quickly by calling **988**.

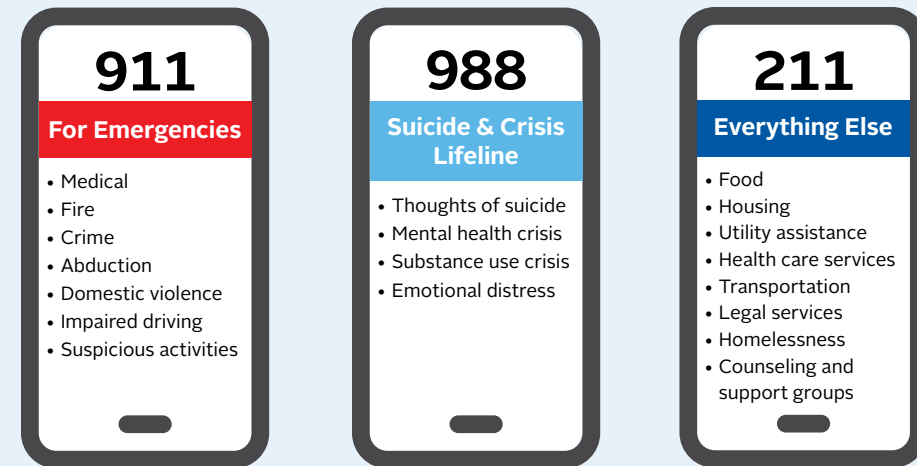
You can speak with a trained professional quickly.

- **988** can be used by anyone, anytime, at no cost!
- Trained crisis response professionals can support individuals considering suicide or self-harm, or any behavioral or mental health need.
- You can call for yourself or for help for a loved one experiencing a mental health crisis.

People who call, text, or chat with **988** will be directly connected to the Suicide & Crisis Lifeline. The previous lifeline phone number, **1-800-273-8255**, will remain available. Callers can also connect with the Veterans Crisis Line or get assistance in Spanish.

988 is different from 211 or 911

Help is three numbers away



We have a Facebook page!

Please check us out on Facebook!

Visit us at: <https://m.facebook.com/performcarepa>

Please “like” our page!

PerformCARE®

8040 Carlson Road
Harrisburg, PA 17112



Remember to renew

If you use Medicaid or Medical Assistance in Pennsylvania, then you must complete a renewal each year.

Get started at dhs.pa.gov/compass.

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Get your flu shot

Winter is here...and so is the flu! It's important to get a flu shot each year. A flu shot helps protect you from getting the flu. The Centers for Disease Control and Prevention recommends that everyone older than 6 months of age get a flu shot. Since you are a member of the Pennsylvania HealthChoices program, flu shots are a covered benefit. You may also be able to get a no-needle nasal flu vaccine. Talk with your doctor about this option. Your primary care provider (PCP) can give you your flu shot or nasal flu vaccine. Most pharmacies can, too. Talk with your pharmacist to see if you need a prescription from your doctor to get the flu shot or nasal flu vaccine. If you need help finding a PCP or pharmacy where you can get the flu shot or nasal flu vaccine, please call the Member Services or Participant Services number for your **physical health plan**. That number is found on the back of your plan's ID card.



Remember to renew!

If you use Medicaid or Medical Assistance in Pennsylvania, then you must complete a renewal each year to continue your coverage.

Visit the official government website — dhs.pa.gov/compass — to:

- ✓ Check your renewal date.
- ✓ Make sure your contact information is correct.
- ✓ Sign up for texts and emails about important benefits information, and more.

Do not risk a gap in your coverage for you or your family. Visit dhs.pa.gov/compass today!

You can also call your County Assistance Office or call us if you do not understand.



Visit our new website

PerformCare has an updated website! Check it out at: <https://pa.performcare.org>

We hope you will visit the website and provide feedback:

- ✓ Is it easy to find things you are looking for?
- ✓ What type things do you look for — what do we need to have on our site?

Please email your thoughts and ideas to ahouse@performcare.org or call the Member Services line for your county. It is listed in this newsletter!

Help your family cope with stress and anxiety

We all experience stress. Stress is a natural part of life. There is bad stress but there is also good stress. If you are alive, you will know stress. Anxiety is different. Whether you had anxiety before or during the COVID-19 emergency, or are experiencing it now, anxiety can make life difficult.

The harmful type of stress and anxiety can be more than just unsettling. Stress and anxiety can cause problems with important things like sleep, health, our emotions, and our relationships.

The past three years have flooded us with constant news about the COVID-19 pandemic and other diseases — this is enough to worry anyone. Very tense political times

- Social unrest
- Senseless killings
- Uncertainty about our economy
- Changes to our way of life

Whew! It can all be overwhelming, especially for young people. Talk about stress and anxiety.

There are ways families can work together to deal with stress and ease anxiety symptoms. Check out our winter newsletter for more information and tips on dealing with stress and anxiety. You can read our newsletter online or call us to ask for a copy.



Nondiscrimination statement

PerformCare complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

English: ATTENTION: If you speak a language other than English, language assistance services, free of charge, are available to you. Call: 1-888-722-8646 (1-800-654-5984 (TTY)/PA Relay 711).

Spanish: ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-888-722-8646 (1-800-654-5984 (TTY)/PA Relay 711).

Chinese: 注意: 如果您使用繁體中文, 您可以免費獲得語言援助服務。請致電 1-888-722-8646 (1-800-654-5984 (TTY)/PA Relay 711)。

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