

Magellan of Nebraska
Member Newsletter

Changes to Nebraska Medicaid

There are important changes happening at Medicaid. The new Medicaid program is called Heritage Health. We want to help you understand these changes.

For many years, Magellan has worked with Nebraska Medicaid. Magellan manages mental health and substance use services. This is separate from your physical health plan (such as Arbor Health, Aetna Better Health of Nebraska, or United Healthcare Community Plan). Many people have Magellan coverage even if they do not need these services.

On January 1, 2017 mental health and substance use services will be included in your physical health plan. You will still have the same services available to you, but Magellan will not be involved.

You should have received a letter from Heritage Health about the changes. If you do not have that letter or need help there are two options.

You can call Heritage Health for free.
The number 1-888-255-2605

You can go online. The website is
www.neheritagehealth.com



Mental health and wellness

Good mental health helps people to be their best. It helps people cope with stress. It helps people perform better in all parts of life.

There are ways to maintain good mental health. They include:

- Connecting with others
- Staying positive
- Being physically active
- Helping others
- Getting enough sleep
- Learning coping skills
- Getting professional help if needed

Mental health problems are common. But help is available. People with mental health problems can get better. It happens over time. The first step is getting help.

Other resources

Your new health plan can help you get mental health treatment. There are also many other groups in Nebraska that can help you. Or they can help you find local services. They include:

NAMI Nebraska

415 S. 25th Avenue
Omaha, NE 68131
1-877-463-6264

This is a group of consumer and family members. They help people understand mental illness.

Nebraska Family Helpline

1-888-866-8660

Trained counselors are available any time to help parents in a crisis.

Nebraska 2-1-1

Dial 2-1-1 or 402-444-6666

This phone call helps you find services to meet your needs.

Project Everlast

7101 Mercy Road
Omaha, NE
402-384-4670

www.projecteverlast.org/get_help.html

Statewide, youth-led initiative supporting young adults as they age out of foster care.

Answers 4 Families

www.answers4families.org

This is for families seeking many kinds of assistance.

Mental Health Association of Nebraska

P.O. Box 23001
Lincoln, NE 68504
1-800-422-6691

Consumers, families, and professionals address all aspects of mental health.

PTI Nebraska

2564 Leavenworth Street
Suite 202
Omaha, NE 68105
402-346-0525
info@pti-nebraska.org

This helps parents improve education and healthcare for their children.

The Orchard

300 S. 13th Street
Lincoln, NE 68508
402-477-0152

<https://www.facebook.com/pages/The-Wellbeing-Initiative/1598859237043190>

This is a peer run organization. Individuals who have experience with mental health provide support to others with similar challenges.

Emergency help

Get help right away in the case of a possible emergency.

- Call 911.
- Contact the National Suicide Prevention Lifeline at 1 800 273 TALK (8255). Or go to www.suicidepreventionlifeline.org. Crisis workers are on hand at all times. Your call goes to the nearest crisis center. These centers provide counseling and referrals. Your call is private.

Your health has always been important to us. We hope you use the new programs to get all of your healthcare needs met. We have enjoyed working with so many Nebraskans and helping them be well.