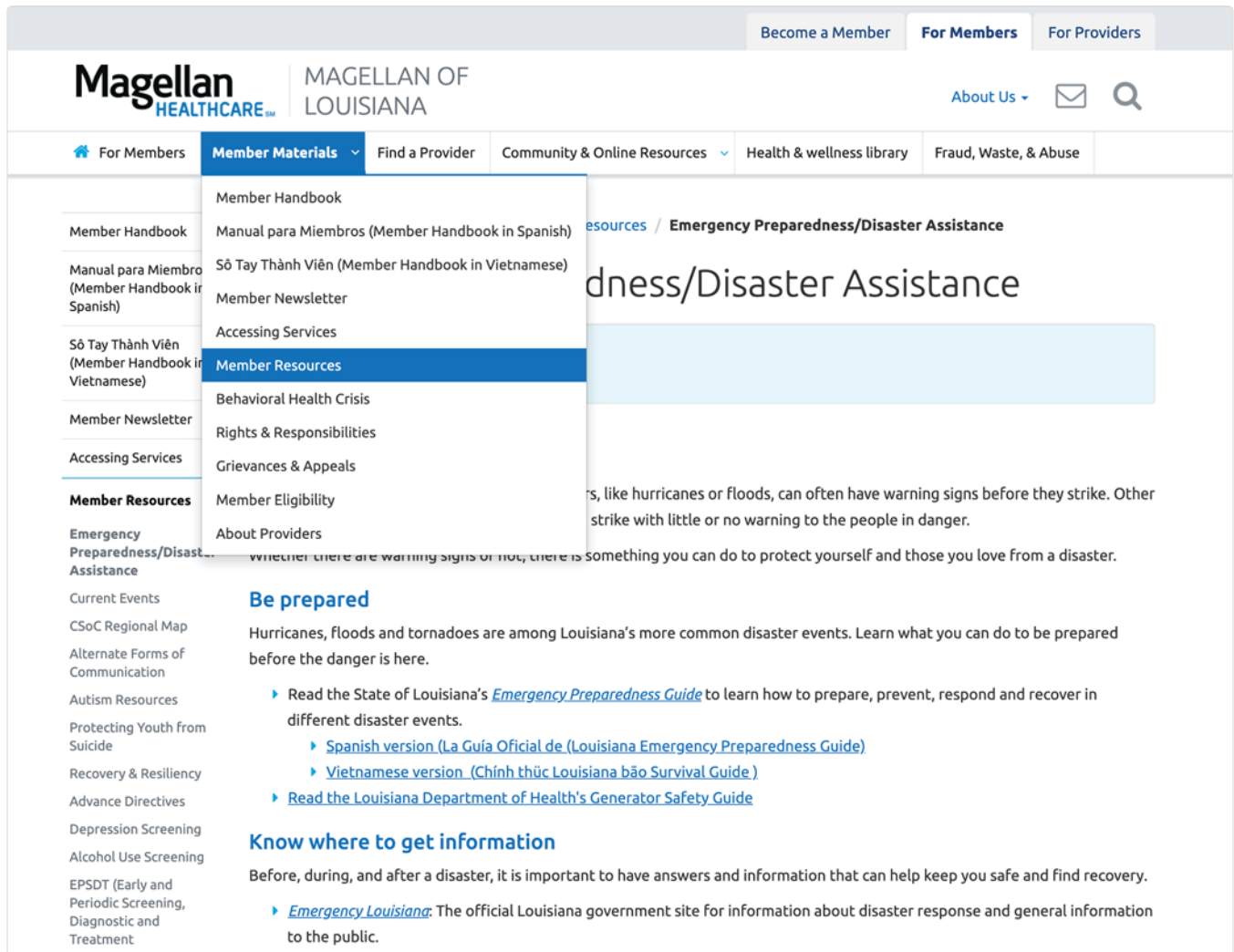


Louisiana Coordinated System of Care Member Newsletter



The screenshot shows the Magellan of Louisiana website interface. At the top, there are navigation tabs for 'Become a Member', 'For Members', and 'For Providers'. The main header includes the Magellan logo and 'MAGELLAN OF LOUISIANA'. Below the header is a navigation bar with categories like 'For Members', 'Member Materials', 'Find a Provider', 'Community & Online Resources', 'Health & wellness library', and 'Fraud, Waste, & Abuse'. A dropdown menu is open under 'Member Materials', listing options such as 'Member Handbook', 'Manual para Miembros (Member Handbook in Spanish)', 'Sô Tay Thành Viên (Member Handbook in Vietnamese)', 'Member Newsletter', 'Accessing Services', 'Member Resources', 'Behavioral Health Crisis', 'Rights & Responsibilities', 'Grievances & Appeals', 'Member Eligibility', and 'About Providers'. The 'Member Resources' option is highlighted. The main content area displays the 'Emergency Preparedness/Disaster Assistance' page, which includes a section titled 'Be prepared' with text about natural disasters and a list of links to resources like the 'Emergency Preparedness Guide' in Spanish and Vietnamese, and the 'Generator Safety Guide'.

- » Need help finding resources after a natural disaster? This information can be found on our website, MagellanofLouisiana.com. Visit Member Materials, select Member Resources, and then click [Emergency Preparedness/Disaster Assistance](#).
- » Magellan also understands the challenges our country is going through and is here to help. In the Member Resources section, you can also visit [Current Events](#) for helpful information.

[View the Member Handbook and Newsletter at www.MagellanofLouisiana.com](http://www.MagellanofLouisiana.com)

Awareness Dates to Remember

National Hispanic Heritage Month (Sept. 15. To Oct. 15)

From September 15th to October 15th every year in the United States, we honor the contributions of Latino and Hispanic communities by celebrating National Hispanic Heritage Month. It is a celebration of diversity, culture, and traditions. Learn more by visiting www.hispanicheritagemonth.gov.

Mental Illness Awareness Week (Oct. 4 – Oct. 10)

The theme of this year's Mental Illness Awareness Week is, "What People with Mental Illness Want You to Know." People with lived experience will talk about some of the conditions and symptoms that are most misunderstood. Learn more by visiting <https://www.nami.org/get-involved/awareness-events/mental-illness-awareness-week>.

Adoption Awareness Month (November)

November is the month to raise awareness about the urgent need for adoptive families for children and youth in foster care. Learn more by visiting <https://www.childwelfare.gov/topics/adoption/nam>.

National Hunger and Homelessness Awareness Week (Nov. 14 – Nov. 22)

Hunger and Homelessness Awareness Week is an annual program where people come together across the country to draw attention to the problems of hunger and homelessness. You can visit <https://hhweek.org> to learn more.

World Kindness Day (November 13th)

World Kindness Day is celebrated each year on the 13th of November all around the world. It is important to be kind to each other, to yourself, and to the world. You can learn more by visiting <https://inspirekindness.com/world-kindness-day>.

Native American Heritage Day (November 27th)

Native American Heritage Day follows Thanksgiving because the holiday represents the tradition of the first meal between Europeans and the Native Americans who taught them how to survive in their new home. It is important to understand the culture, tradition and history of Native Americans. You can learn more by visiting <https://nationaldaycalendar.com/native-american-heritage-day-day-after-thanksgiving>.





September is Suicide Prevention Awareness Month

Take any talk of suicide seriously.

If someone you know threatens suicide, follow these steps and get help right away.

- Call 911 or contact a suicide hotline:
 - National Suicide Prevention Lifeline (1-800-273-8255)
 - Crisis Text Line (text HOME to 741741)
- Stay with the person until the crisis has passed. If you can't, ask someone you trust to stay with the person.
- Talk about the situation as openly as possible.
- Tell the person you don't want them to die.
- Don't challenge the person by saying things like, "You're not the type to attempt suicide."
- Don't argue with the person by saying things like, "It's not as bad as you think."
- Encourage the person to seek help from an expert.

You can take steps to stop a suicide attempt. Listen and help the person find help.

For more information, visit www.healthwise.net/MagellanHealth and search for "suicide prevention."



October is National Depression and
Mental Health Screening Month

Depression is a disease. It's not being
lazy. You can't "just get over it."

Here are some things you can do to help someone who's
depressed:

- Teach yourself. The more you know about depression, the better you can understand what the person is going through.
- Take care of yourself. Spending time with someone who has depression may be hard on you, too. Do things you enjoy and take some time off.
- Help the person. Offer to set up visits with health professionals or help the person manage medicines.
- Offer support. Listen when the person wants to talk. Offer hope. Ask the person to do things with you. Keep your relationship as normal as you can.

For more information, visit www.healthwise.net/MagellanHealth and search for "depression."



November is National Family Caregivers Month

Learn how to help yourself and the person you're caring for.

Caregiving can be a rewarding experience, especially when you know that your care makes a positive difference. Follow these tips to be a good caregiver:

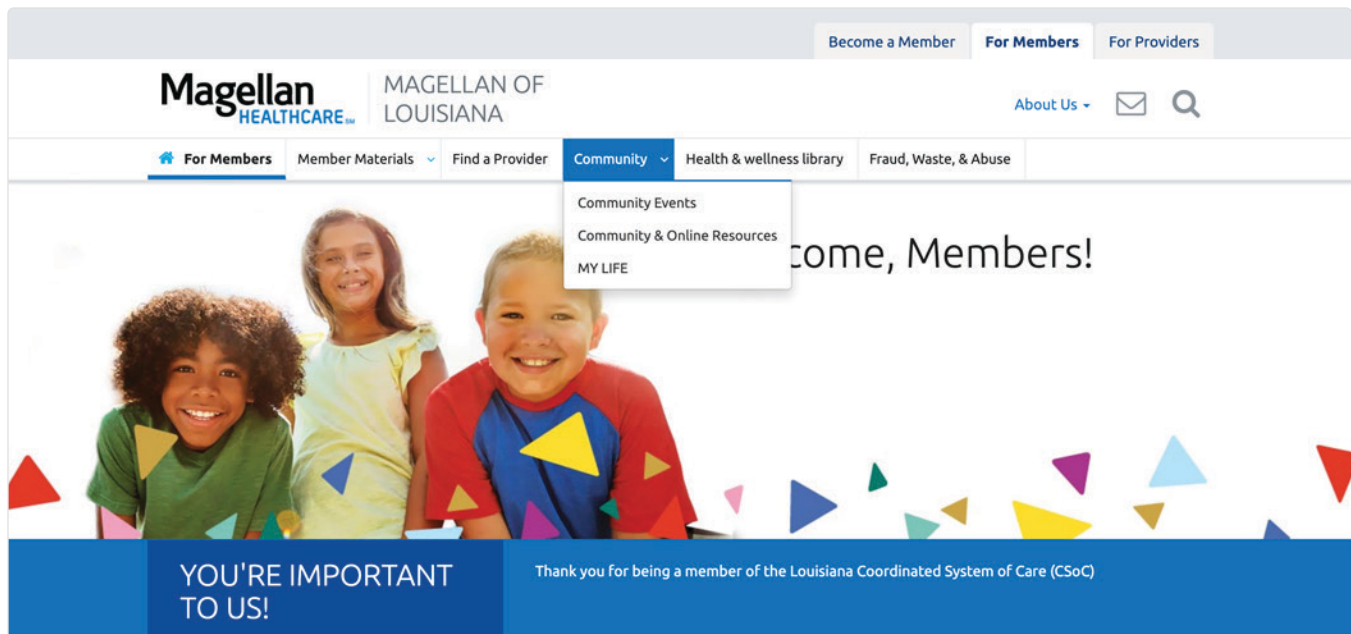
- **Take care of yourself.** Think about taking a class on caregiving. You can learn new ways to deal with tough problems. Don't forget to make time for an activity you enjoy, too!
- **Don't help too much.** Let the person do as much as they can. Every act your loved one makes to maintain freedom is a win for you as a caregiver.
- **Ask for help.** Letting others help can make your caregiving easier. The more support you have, the more successful you're likely to be.

Visit www.healthwise.net/MagellanHealth and search for "caregiving" for more info.

For Primary Health Concerns, contact your Healthy Louisiana Plan

Healthy Louisiana Plans	Customer Service	Website
Aetna Better Health	1-855-242-0802	aetnabetterhealth.com/Louisiana
AmeriHealth Caritas	1-888-756-0004	Amerihealthcaritasla.com
Healthy Blue	1-844-521-6941	myhealthybluela.com/la
Louisiana Healthcare Connections	1-866-595-8133	louisianahealthconnect.com
United Healthcare	1-866-675-1607	Uhccommunityplan.com/la.html

****For life threatening situations, always call 9-1-1****



There are community events that take place in an area near you! For a detailed list, please visit www.MagellanofLouisiana.com and follow these steps:

Click on the *For Members* Tab > Click on the *Community* Tab > Select *Community Events*

Then select the area that is closest to you. (If you are not sure of what is closest to you, a CSoC Regional Map is provided for you)