



Connecting Kids to Coverage National Campaign

“MENTAL HEALTH” TEMPLATE NEWSLETTER ARTICLE FOR PARENTS AND CAREGIVERS

Newsletter articles can be used in your organization’s communication, submitted to local organizations that also distribute newsletters, or edited and submitted to the community notice section or as an op-ed to your local newspaper to reach families eligible for Medicaid or the Children’s Health Insurance Program (CHIP). Many publications, such as community newspapers, school newsletters, church bulletins, local community organizations, websites, and blogs, are frequently in need of content. These articles can be used as-is or customized to include local and organization-specific information, such as the website and contact information, as well as state income levels.

***Insert your state’s income limit for a family of four at 200% of the Federal Poverty Level (FPL). To find the annual FPL figure, visit [ASPE Poverty Guidelines](#). To find the specific FPL guidelines for your state, click [here](#) or contact your state’s Medicaid or CHIP program for information. Note: The income level figure will change from year to year based on the annual release of FPL guidelines.**

Approximately 300 Words

Protect Your Kids’ Mental Health with Medicaid and CHIP

During these uncertain times, children may need extra support. Prior to the COVID-19 public health emergency, as many as 1 in 6 U.S. children between the ages of 6 and 17 had a treatable mental health disorder. With additional stressors such as a disruption of familiar routines, in-school learning, and social interactions, as well as economic and other impacts on families, there has been a surge of anxiety and depression in young people since the start of the pandemic.

Mental health disorders usually first arise in childhood, adolescence or early adulthood and can cause serious changes in the way children typically learn, behave, or handle their emotions. This can lead to distress and problems getting through the day. As kids grapple with ongoing changes in their lives, it’s crucial to make sure children have access to - and use - mental health services. Early intervention and access to essential mental health services can help children get the support they need to meet important developmental milestones, get through the day, and stay involved in school.

One of the many benefits of Medicaid and the Children’s Health Insurance Program (CHIP) is access to mental and behavioral health services. Eligibility is dependent on household size and income and varies by state. For example, a family of four earning up to **[INSERT YOUR STATE INCOME LEVEL*]** a year or more in **[INSERT STATE]** may qualify. Vital benefits of these programs include, developmental and behavioral health screenings, psychotherapy, group therapy, telehealth, and other types of counseling services for children up to age 19.

Enrollment in Medicaid and CHIP is open year-round; however, coverage must be renewed annually. Parents should enroll their child today, or if already covered, call their health care provider to schedule an appointment. Visit the “Find Coverage for Your Family” map on [InsureKidsNow.gov](#) to access information in your state or call 1-877-KIDS-NOW (1-877-543-7669) or **[STATE/LOCAL CONTACT INFORMATION]**.

Enroll in Medicaid and the Children's Health Insurance Program (CHIP) to connect your child to health coverage. Already covered? Call today to schedule your child's medical appointments.

Approximately 200 Words

Protect Your Kids' Mental Health with Medicaid and CHIP

During these uncertain times, children may need extra support. Prior to the COVID-19 public health emergency, as many as 1 in 6 U.S. children between the ages of 6 and 17 had a treatable mental health disorder. The pandemic has added additional stressors, further increasing anxiety and depression in young people.

Mental health in children affects learning, emotional development, and relationship building, which can lead to distress and problems getting through the day. It's crucial to make sure children have access to - and use - mental health services as early intervention can help children get the support they need to meet important developmental milestones, get through the day, and stay involved in school.

One of the many benefits of Medicaid and the Children's Health Insurance Program (CHIP) is access to mental and behavioral health services. Vital benefits of these programs include, developmental and behavioral health screenings, psychotherapy, group therapy, telehealth, and other types of counseling services for children up to age 19.

Enrollment in Medicaid and CHIP is open year-round; however, coverage must be renewed annually. Parents should enroll their child today, or if already covered, call their health care provider to schedule an appointment. Visit the "Find Coverage for Your Family" map on [InsureKidsNow.gov](https://www.insurekidsnow.gov) to access information in your state or call 1-877-KIDS-NOW (1-877-543-7669) or [\[STATE/LOCAL CONTACT INFORMATION\]](#).