



September is Suicide Prevention Awareness Month

Mental health conditions can impact anyone, regardless of age, gender, or background. It is important to know the risk factors and warning signs of suicide. Help is available by calling the **National Suicide Prevention Lifeline** at 1-800-273-8255 or by visiting their website. Click on the image to visit their website and learn more.



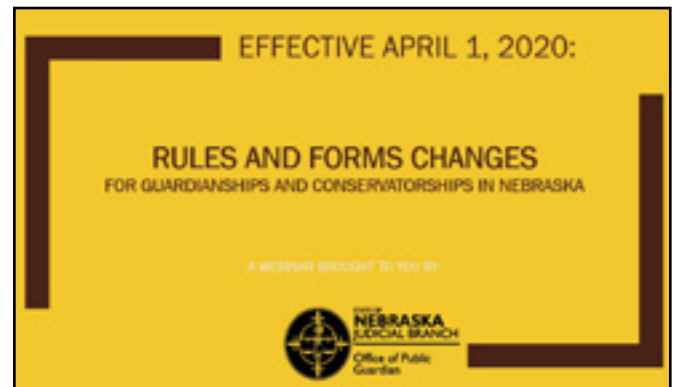
Managing Medicare Open Enrollment

Does your ward have Medicare? Now is the time to plan ahead for open enrollment, coming up on October 15th. Now is the time to do the research! Having adequate and personalized Medicare coverage is an important part of making informed decisions for your ward's health coverage. **Check out the [Medicare](#) website, as well as [Nebraska SHIP](#), for state specific information including assistance from certified counselors!**

IN CASE YOU MISSED IT: Rules and Forms Changes (effective April 1, 2020)

The rules and forms associated with guardianship and conservatorship cases changed on April 1, 2020. As you know, one of the responsibilities of a guardian and/or conservator is to file an annual report. The courts require the filing of certain information and supporting documentation, to ensure that the affairs of the ward or protected person are handled properly.

The Office of Public Guardian has published two webinars to assist private guardians and/or conservators in learning about the changes, and in providing a refresher on how to complete the annual reporting requirements. Click the image below to view the webinar.



Preparing for Winter Heating Assistance

Winter is coming sooner than we think! Is your ward entitled to energy assistance to assist with offsetting the cost of the heating bill? The Low Income Home Energy Assistance Program (LIHEAP) is a federal grant administered by the Nebraska Department of Health and Human Services. LIHEAP provides heating assistance from October 1 – March 31 each year for eligible persons. You can apply on your ward's behalf through Access Nebraska online or by phone. **More information can be found at the [DHHS](#) website.**