

What I Should Bring to the Appointment

The more information you bring, the easier it will be to verify and connect you to services. Please bring*:

- Copy of DD214 or Report of Separation (We can get on if you don't have a copy)
- Valid ID
- Social Security Number
- List of Current Medication
- Any Important Documents You Want Clarified
- Proof of Income

*None of these documents are required of you to meet with a Veteran Navigator. They will simply speed up and clarify the process.



Walking With Warriors

Every warrior needs support at some point. Call your local Veteran Navigator or learn more about Veteran Navigators at:

www.Michigan.gov/WalkingWithWarriors



Your Local
Veteran Navigator

Rachel Harden MHA, CMA
HealthWest

231-683-9313

rachel.harden@healthwest.net



Veteran Navigators
Walking with Warriors



VETERAN NAVIGATOR PROGRAM

Get Connected.
Get Support. Be Heard.



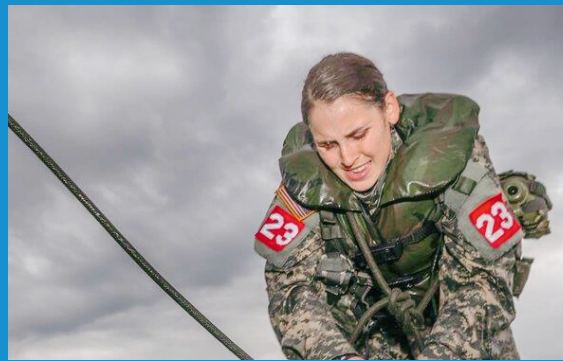
We Will Act as an Advocate

It is our goal to provide assistance and support to Veterans and their families when working through any mental illness or substance abuse challenge. We will act as an advocate for Veterans or supply the information to other agencies or providers as their needs dictate.

Why You Need a Veteran Navigator

Veteran Navigators assist Michigan Veterans and their families as they work through the many systems of Veterans Affairs for help with mental health, substance abuse and more.

Each Navigator is trained to help Veterans overcome the challenges they are facing - whether that is assistance in navigating the Veterans Healthcare Administration, connecting to food or housing resources, or trying to connect to local counseling.



Need Help Now

Veterans Crisis Line: Dial 988, then press 1
National Crisis Text Line: Text HOME to 741741
HealthWest Warm Line: 231-722-HELP (4357)
www.suicidepreventionlifeline.org



How We Help

We can help you navigate the VA systems and access the care you need. Veteran Navigators assist Michigan Veterans and their families as they work through the many systems of Veterans Affairs for help with mental health, substance abuse and more.

Navigators across the state serve as local subject matter experts in their region to help Veterans navigate the systems in times of duress.

By maintaining close relationships with other state and county Veteran organizations, Navigators are always up to date on changes through the Department of Veterans Affairs.

