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.



Walking with Warriors

Every warrior needs support at some point. Call your local Veteran Navigator or learn more about Veteran Navigators at **Michigan.gov/WalkingWithWarriors**.

MDHHS
Michigan Department of Health & Human Services

988 SUICIDE & CRISIS LIFELINE

Walking with Warriors

Veteran Navigator Program



Supporting Michigan Veterans and Their Families One by One.

We will act as an advocate on behalf of Veterans.

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 on behalf of Veterans or supply the information to other agencies or providers as their needs dictate.

Why use a Veteran Navigator?

- **We're advocates.** Because Navigators are located in your community, we'll advocate for you there.
- **We're connected.** We work directly with county, state and federal VA levels.
- **We're knowledgeable.** We don't just work in the VA systems – we know the many resources.
- **We're here to help.** We listen, advise and point you in the right direction.





About Your Local Regional Prepaid Inpatient Health Program (PIHP).

Your local PIHP office can help you navigate services related to behavioral health, substance use disorders and more. Your local PIHP contact information is outlined below:

Live in a different region? Locate your PIHP and Veteran Navigator by visiting **Michigan.gov/WalkingWithWarriors**.

Other Programs with Walking with Warriors:

Zero Day: Impacts our Veterans and Military members, National Guard and Family Members with unique outdoor adventure/recreational opportunities and healthy habits.

Women Veteran Strong: A Female Veteran Peer model designed to meet the unique needs and activities that our Women Veterans have found beneficial in areas of emotional support, validation, value and recreational engagement.

THRIVE: A resilience model that trains communities to prepare for, adapt to and address daily stressors and complex hardships that our Veterans and their families encounter on a daily basis; so that they can identify, engage and provide support for these families in a proactive, efficient and compassionate manner.

What should I 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 one if you don't have a copy).
- Valid ID.
- Social Security number.
- List of current medication.
- Any important documents for which you'd like clarification.
- Proof of income.
- Proof of VA Disability.

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

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.



