

MSHN

Mid-State Health Network

MSHN's Veteran Navigator can help connect you to Substance Use Disorder (SUD) and Mental Health services as well as resources that fit the current needs of your family across the 21-county region.



TAMMY FOSTER

517.483.2742

844.405.3095/press 2

The role of a Veteran Navigator is to listen, support, offer guidance, and help veterans connect to services, treatment and resources.

**Veteran Navigators
Walking with Warriors**



If you have questions about enrolling in VA health care, call the Health Eligibility Center

877.222.8387

M-F 8:00 a.m. – 8:00 p.m.



www.va.gov/health-care/how-to-apply/

The VA has Benefits that veterans may not be taking advantage of:

Women Veteran Call Center

855.829.6636 call/text

M-F 8 a.m. – 10p.m. Sat 8-6:30 ET

Free and confidential

Home Telehealth

Home Based Primary Care

Geriatric and Extended Care

Hospice/Palliative Care

Caregiver Support

Homeless Veteran Support

LGBTQ+ Veteran Care

VJO Veterans Justice Outreach



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VETERAN NAVIGATOR

TAMMY FOSTER

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Mid-State Health Network is committed to ensuring that our veterans, service members, and military families gain increased awareness and access to behavioral health and SUD services through cultural sensitivity and support services provided by our Veteran Navigator.



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www.midstatehealthnetwork.org

We recognize that often Veterans feel that a fellow veteran will best understand what they are going through. To offer that support MSHN has a Veteran Navigator (VN) who will join alongside a Veteran to offer support, guidance, and referrals for services.

The VN will provide a confidential pathway for Veterans and military families to communicate their concerns and answer questions in a non-judgmental conversation with the goal of identifying what the Veteran needs and assessing quality behavioral health and substance use disorder treatment services.



“ I felt very anxious before I called but now after talking this over it’s like a huge weight has been lifted and I have a plan of what to do. ”

★ ★ ★

“ Thank you for going above and beyond any expectations we have had on this journey of finding help. ”

★ ★ ★

“ I had no idea the resources and opportunities that were available to me as a veteran. Everyone who served may be eligible for different programs. I feel more confident knowing help is available! ”

Are you a Veteran in crisis or concerned about one?

You’re not alone—the Veterans Crisis Line is here for you.

You don’t have to be enrolled in VA benefits or health care to **call 988 or text 838255 24/7** for confidential support.

Serves Veterans service members, National Guard, Reserve, and those who support them.

Connect with a real person who is qualified to support Veterans.

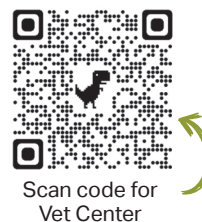


Readjustment Counseling Offered at Vet Centers

Vet Centers provide counseling, outreach and referral services to eligible veterans and their families. Services include individual and group counseling in areas such as PTSD, SUD assessment and suicide prevention referrals.

All services are free and confidential.

24 Hour Vet Center hotline: 877-WAR-VETS 877-927-8387



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REGION 5		
ARENAC	BAY	CLARE
CLINTON	EATON	GLADWIN
GRATIOT	HILLSDALE	HURON
INGHAM	IONIA	ISABELLA
JACKSON	MECOSTA	MIDLAND
MONTCALM	NEWAYGO	OSCEOLA
SAGINAW	SHIAWASSEE	TUSCOLA

