AMERICAN PATRIOT DATA & EVALUATION SERVICES L.L.C. | APDES
SUPPORT. HONOR. EMPOWER. — EVERY VETERAN.
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APDES Veteran Resource Sheet
VETERAN MENTAL HEALTH RESOURCES – MICHIGAN & NATIONAL

This resource sheet provides veterans with verified mental health programs at the federal level, statewide Michigan services, crisis support, counseling options, and national resources for veterans living outside Michigan. All links connect directly to official government agencies and veteran-specific mental health providers.

FEDERAL VA MENTAL HEALTH PROGRAMS

- **VA Mental Health Services**
  https://www.va.gov/health-care/mental-health-care/
- **VA PTSD Programs**
  https://www.ptsd.va.gov/
- **VA Substance Use Disorder Programs**
  https://www.va.gov/health-care/mental-health-care/substance-use-problems/
- **VA Suicide Prevention Resources**
  https://www.va.gov/REACH/

Vet Centers (Nationwide Counseling)

https://www.vetcenter.va.gov/ Provides confidential counseling for:

- PTSD
- MST
- Grief
- Transition stress
- Family & relationship support

NATIONAL CRISIS & SUPPORT LINES

Veterans Crisis Line (24/7)

Dial 988, then press 1 Chat: https://www.veteranscrisisline.net/

Military OneSource (Active, Guard, Reserve)

https://www.militaryonesource.mil/

SAMHSA National Helpline (Substance Use & Mental Health)

1-800-662-HELP (4357) https://www.samhsa.gov/

MICHIGAN VETERAN MENTAL HEALTH PROGRAMS

MVAA Mental Health Resources

`https://www.michigan.gov/mvaa/health`

Michigan Veteran Peer Support

`https://www.michigan.gov/mvaa/health/peer-support`

Michigan Substance Use Support (State)

`https://www.michigan.gov/mvaa/health/substance`

Michigan Community Mental Health (CMH) Locator

`https://www.michigan.gov/mdhhs/keep-mi-healthy/mental-health/CMH`

STATE-LEVEL MENTAL HEALTH SUPPORT (OUTSIDE MICHIGAN)

Veterans outside Michigan can access mental health support through their **state's Department of Veterans Affairs**, **County Veteran Service Offices**, and **local Community Mental Health agencies**.

Find Your State Veterans Department

Search: **"[Your State] Department of Veterans Affairs – Mental Health"**

Find Your Local Community Mental Health Agency

Search: **"Community Mental Health [Your County]"**

ADDITIONAL NATIONAL RESOURCES

NAMI (National Alliance on Mental Illness)

https://www.nami.org/

MakeTheConnection (VA Stories & Support Tools)

https://www.maketheconnection.net/

Give an Hour (Free Counseling for Veterans)

https://giveanhour.org/

- Guard Family Programs https://www.michigan.gov/ming/family
- Guard & Reserve Support `https://www.michigan.gov/mvaa/guard-reserve` (michigan.gov in Bing)

This document is provided as a professional credential reference only. It is not a clinical opinion, legal advice, or diagnostic statement.

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