



Veteran Peer Support Specialist Services

Standing with those who've served

Sometimes, the best help comes from people who've been through the same thing. A Veteran Peer Support Specialist (VPSS) is a veteran who lives with a mental illness and wants to help others heal. They help people feel respected, hopeful, trusted, and confident as they take charge of their lives.

VPSS are trained and certified by the State of Michigan to provide the best support possible.

Why Should I See a VPSS?

They can earn trust and respect because they've been through similar things and understand what it's like to live with mental health challenges.

VPSS give hope by showing what's possible and sharing helpful ideas. Their story proves that recovery is about growing and that anyone can succeed.

If you get services from MCCMH, you can also get help from a VPSS. Talk to your primary doctor if you think this could help you!

Veteran Navigators
Walking with Warriors



Macomb County Community Mental Health programs and services are supported and funded, in part, by the Michigan Department of Health and Human Services (MDHHS). MCCMH is accredited by the Commission on Accreditation of Rehabilitation Facilities (CARF) and operates under the direction of the Macomb County Board of Commissioners and the Macomb County Community Mental Health Board. MCCMH centers are barrier-free, and offer TTY access, American Sign Language communication, and other language translations.

Veteran Peer Support Helps Pave the Way to Recovery

Recovery means making changes that help us live the life we want, not one ruled by illness. It is a pathway to:

- **Hope:** Hope means believing there's more to life than just dealing with symptoms every day.
- **Choice:** Making choices helps you grow and learn more about yourself.
- **Empowerment:** You're in charge of your recovery and the steps you want to take.

When we believe that getting better is possible, recovery helps us take steps toward a healthier life.

Call MCCMH VPSS Keri at 586-246-7679 to get started today!

For 24/7 help, call the MCCMH Crisis Line at 586-307-9100 or dial 988 and press 1 for support for veterans.

Call MCCMH Customer Service for non-emergency support at 855-99-MCCMH (855-996-2264)

 mccmh.net

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