



# MENTAL HEALTH SUPPORT FOR TEENS & YOUNG ADULTS ACROSS MICHIGAN



## WHO WE SERVE

NAVIGATE and ACT Early teams serve young people between the ages of 15-30 years old who are:

- Having troubling thoughts
- Seeing or hearing things that others don't
- Newly struggling with focus or comprehension
- Withdrawing from previous activities or people
- Just not feeling quite like themselves.



"I was going to the [NAVIGATE] meetings and talking with people. That was the best decision I ever made. They believed in me, and that gave me faith to believe in myself."

- NAVIGATE program participant

## ABOUT US

Michigan Minds Empowered is a resource hub for young people experiencing early psychosis--a mental health challenge characterized by changes in thinking, emotions, and sensory perceptions.

We promote early intervention and recovery by connecting young people & their families to Michigan's statewide coordinated specialty care programs.

Visit our website for more information.

[michiganminds.org](http://michiganminds.org)

## OUR SERVICES

NAVIGATE and ACT Early teams offer a range of recovery-oriented services. Depending on individual needs & goals, services may include:

- Individual Resiliency Training
- Peer Support & Family Peer Support
- Education for family & caregivers
- Support with school and/or work
- Medication management as needed
- Substance use treatment as needed

## FIND A TEAM

Use the QR code or visit our website to find your local team.

