

MEET THE NAVIGATOR



Say hello to **Rachel Scott, B.S.**, the first and only Mental Health Navigator in the Greater Evansville area. Rachel earned her Bachelor of Science from the University of Southern Indiana and began her career over five years ago working in Southwestern Behavioral Healthcare's SGL (Supervised Group Living) program, a group home that serves adults living with mental health conditions. She has also been a skills coach/case manager for adults with mental health challenges and is a trained member of the Mobile Crisis Team. Rachel volunteers most weekends as a crisis unit responder, helping people in crisis get the immediate care and support they need.

Call the Mental Health Navigator:
812-470-2058

If you're facing a crisis and need immediate help, call the crisis line: 812-422-1100.

MENTAL HEALTH NAVIGATOR

**Your personal guide
to mental health
services and support.**





Having trouble
coping?

Not sure
where to turn?

**The Mental Health Navigator
can help you find your way.**

If you need mental health services, but don't know where to turn for answers, here's good news. Now there's someone to call for help. The Mental Health Navigator is a free community service coordinated by Southwestern Behavioral Healthcare, Inc. and funded by Deaconess Health System and Ascension St. Vincent.

FREE, CONFIDENTIAL SERVICES

Navigator services include:

- Friendly guidance and connection to the resources you need
- Help in finding mental health services or substance use treatment services (local or out of town)
- Care coordination and follow-up after discharge from the ER or hospital
- Help in coordinating transportation to appointments
- Assistance in connecting with an insurance navigator
- Help in applying for government programs such as subsidized housing, food stamps, disability, free phone and more
- Listings of local resources including shelters, food pantries, utility assistance, AA/NA meetings, financial assistance, nonfood vouchers, free meals, legal services, pregnancy testing and counseling, parenting classes, STD clinics, smoking cessation resources, child care, etc.
- Access to crisis support

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