

Behavioral Health Navigation Team

At Avera, we understand that navigating the complex mental health system, especially for the first time, can be confusing and even overwhelming.

To best support you and your family, we are pleased to offer the services of our Behavioral Health Navigation Team, a multidisciplinary team.

The Navigation Team can assist you and your loved ones by:

- Connecting with and supporting patients and families as an open, knowledgeable and empathetic contact for any care needs or questions
- Offering teaching and education about various mental health disorders and the resources available in the mental health system
- Identifying and resolving any barriers to treatment that a patient or family may encounter, including outpatient resources, community resources and support groups, transportation resources, etc.

Navigator services are available free of charge to patients and families.

Monday – Friday | 8 a.m. – 6 p.m.

Contact **Behavioral Health Navigation**

4400 W. 69th St., Sioux Falls, SD 57108

605-322-5142

BHSnavigator@avera.org

