

NAMI Minnesota

The National Alliance on Mental Illness of Minnesota (NAMI Minnesota) is a statewide grassroots organization dedicated to improving the lives of children and adults living with mental illnesses and their families by providing education, support and advocacy. NAMI Minnesota partners with local affiliates throughout the state, covering many counties.

Education

NAMI offers many free education programs that provide current information, support and hope.

Families of adults with mental illnesses – Participants learn about mental illnesses, treatment options, strategies for coping with the complexities of mental illness, crisis recognition, de-escalation techniques and resources available in Minnesota.

Parents of children with mental illnesses – Parents learn about children's challenging behaviors, childhood mental health disorders, treatment options, the children's mental health system and residential treatment.

Professionals - NAMI provides training to professionals (such as school educators, mental & medical health providers, jail and correctional staff) and to faith communities and offers Mental Health First Aid Training.

Specific Communities - NAMI reaches out to specific populations including the African American, Native American, Latino and LGBTQ communities as well as veterans and older adults.

Support

NAMI offers a variety of support groups: *Family-to-Family* is for families and friends of persons with mental illnesses; *NAMI Connection* is for people living with mental illnesses; and *Open Door*, is for people who have anxiety or panic disorders. *Parent Resource* groups are for parents of children under eighteen and *Kidshops* is for school-aged children who have a parent or a sibling with a mental illness. *Vet Connection* offers support for returning veterans.

Advocacy

NAMI seeks to raise public awareness and knowledge of mental illnesses.

Quarterly newsletter & website- provides up-to-date information about public policies, research and NAMI programs.

In Our Own Voice- is a public education program in which people living with mental illnesses share personal stories about their struggles and recovery.

Educational booklets & materials - on topics such as the mental health system for children and adults, data practices laws, the criminal justice system, the civil commitment process and crisis planning. Fact sheets cover mental illnesses, medications, and resources.

Five documentaries- on topics such as understanding mental illnesses in adults and children, supporting returning soldiers, residential treatment for children, and jail discharge planning.

NAMI Walks – Changing minds one step at a time is the largest anti-stigma walk in Minnesota taking place on the 4th Saturday in September.

Conferences - NAMI holds an annual state conference, a postpartum depression conference and a research dinner for individuals with mental illnesses and their families and professionals.

Helpline – individuals can speak to an advocate for help and resources – 1-888-NAMI-HELPS

Legislative Action

NAMI Minnesota advocates for policies that will improve the lives of children and adults with mental illnesses and their families. An e-mail legislative action alert team can be joined through our website to learn more about public policies and when elected officials need to be contacted.



For a list of classes, support groups and publications, go to www.namihelps.org

NAMI Minnesota
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651-645-2948, 1-888-NAMI HELPS, www.namihelps.org

