

# Programs and Activities



1919 University Ave. W., Ste. 400, St. Paul, MN 55104 | Tel. 651-645-2948 or 888-NAMIHELPS | [www.namimn.org](http://www.namimn.org)

## EDUCATION

NAMI Minnesota offers 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, crisis recognition, de-escalation techniques and resources.

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

**Professionals**—NAMI Minnesota provides training to educators, mental and medical health providers, older adult workers, jail and correctional staff and faith communities. In addition, NAMI Minnesota offers *Mental Health First Aid Training*, and two online classes.

**Suicide Awareness**—Prevention and Post-vention programs are offered.

**Specific Communities**—NAMI Minnesota reaches out to specific populations including the African American, American Indian, Latino and LGBTQAI communities as well as youth living with mental illnesses and older adults. NAMI offers a class to high school students about mental illnesses.

## SUPPORT

**NAMI Minnesota offers a variety of support groups:** *NAMI Family Support Groups* for families and friends of persons living with mental illnesses; *NAMI Connection* for people living with mental illnesses, including specific groups for young adults and the LGBT community; *Open Door* for people living with an anxiety or panic disorder. *Parent Resource Groups* are for parents of children under 18. Several web-based support groups are offered.

## PUBLIC AWARENESS

NAMI Minnesota seeks to raise public awareness and knowledge of mental illnesses and reduce stigma. Communications include a quarterly newsletter, regular eBlasts and two websites, [www.namihelps.org](http://www.namihelps.org) and [www.namihelpsyouth.org](http://www.namihelpsyouth.org).

**In Our Own Voice**—A public education program in which people living with mental illnesses share personal stories about their struggles and recovery.

**Speakers Bureau**—Presentations to organizations wishing to learn more about mental illnesses, including a special presentation to faith communities.

**Educational Materials**—Booklets on topics such as the mental health system for children and adults, data privacy, understanding psychosis, transitions for youth, the youth and adult criminal justice systems, the civil commitment process, psychiatric hospitalization and crisis planning. Fact sheets cover mental illnesses, medications and resources.

**Documentaries**—DVDs/videos cover topics such as understanding mental illnesses in adults and children, supporting returning soldiers, residential treatment for children and jail discharge planning.

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

**Conferences**—NAMI Minnesota holds an annual state conference, a postpartum depression conference and a research dinner.

**Anti-stigma campaign**—Posters are available for hospitals and mental health agencies.

## ADVOCACY

NAMI Minnesota advocates for policies that will improve the lives of children and adults with mental illnesses and their families. Participants can join an email legislative action alert team through our website to learn more about public policies and critical times to contact elected officials. Our **Helpline** allows individuals to speak to an advocate for help and resources 1-888-NAMI-HELPS



NAMI Minnesota (National Alliance on Mental Illness) is a non-profit organization dedicated to improving the lives of children and adults with mental illnesses and their families. NAMI Minnesota offers education, support and advocacy.

