



NAMI

St. Cloud Area



National Alliance on Mental Illness

The Official Newsletter of NAMI-St. Cloud Area

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2020

Upcoming Education:

Educational Meetings are Free and Open to the Public

Due to COVID-19, Educational Meetings will be going virtual starting with the November meeting. Please see the article here, and watch our website for updates!

November 17th, 6:30 PM
“How to Beat the COVID and Holiday Blues”, by Nick Johnston Ph.D, MSSW, LICSW

December 15th, 6:30 PM
Presenter info to come

Note: Our newsletters will start coming out quarterly per year in 2021

Meetings are held at:

**St. Cloud Stand Down Bldg
722 33rd Ave North
St. Cloud, MN. 56301
(320) 654-1259**

CONTACT US!

NAMI-St. Cloud Area
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St. Cloud, MN. 56302
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PLEASE NOTE!

Due to COVID-19, ALL events and dates are subject to change and/or cancellation! Check our website at www.namistcloud.com for the latest information!

Education Meetings are going Virtual!

As you know we cancelled most of our in-person monthly Education Programs due to COVID-19 restrictions/recommendations. Beginning in November you will be able to sign up for the program, “How to Beat the COVID and Holiday Blues”, presented by Nick Johnston Ph.D, MSSW, LICSW. The presentation will be on **Tuesday, November 17th at 6:30 PM.**

The program will be in a Zoom meeting format, and is scheduled to last one hour. You will be able to watch on your computer, laptop, tablet or even a smartphone. The link to join and the meeting code and passcodes are on our website.

Or, if you don't have access to these electronics, you can listen in on your phone. To do that: Dial in **(312-626-6799)**, meeting ID is **828 5964 7865**, passcode is **1889688713**. **NOTE! This meeting ID and passcode will be the same for each month. That goes for the online link, meeting code and passcode also.**

No Registration is required. One hour CEU will be offered for each program.

The Education meeting information for December will be listed on our website.

More Education Options from NAMI MN

If you are looking for more classes, information and resources, be sure to visit the **NAMI Minnesota** website as well, at www.namimn.org They have many opportunities to attend Zoom meetings, classes and other presentations, along with on-line support group meetings, articles to read, and access to multiple resources. NAMI members can receive emails listing all the different options available, along with newsletters on the latest news of what is going on in the world of mental health. Just a few examples:

- **In Our Own Voice**
- **Good Mental Health in the Workplace**
- **QPR—Question, Persuade and Refer**
- **Hope for Recovery**
- **CALM (Counseling on Access to Lethal Means)**

THANK YOU!

NAMI St. Cloud Area is **VERY** grateful for the donation we have received from the Annual Barrick Charity Golf Classic! This event is held in honor of the Barrick family's father, James Barrick, who lost his battle with depression on Friday, May 17th 1996. The last two years they most generously donated the proceeds from the event to NAMI St. Cloud. This comes at an especially opportune time for us, since we were not able to hold either of our usual fundraising events this year due to COVID restrictions; our Mental Health Walk or our Annual Fall Mental Health Conference. This allows us to continue to offer resources, education and support to those in our area regarding mental health concerns. **Thank You!! Every donation is so appreciated!**

NAMI MN Resources

NAMI Minnesota is offering **FREE** online support groups - <https://namimn.org/support/nami-minnesota-support-groups/>

Also options are available at:

<http://tinyurl.com/NAMI-SUPPORT>

Classes are also available online - <https://namimn.org/education-public-awareness/classes/scheduled/>

If you need help navigating the mental health system, you can call the NAMI Minnesota Helpline at:

(651) 645-2948, Ext. 117, or email nami-helps@namimn.org (Note: This is **NOT** a crisis line.)

NAMI St. Cloud Family Support Group

NAMI St. Cloud Family Support Group is currently having in-person meetings, at our NEW meeting location, 722 33rd Ave North, St. Cloud. We will continue with our previous schedule of meeting on the **2nd and 4th Tuesdays of each month**, starting at 7:00 PM and ending at 8:30 PM. Some things to keep in mind before attending:

- Masks are required! We can supply one if needed, but prefer you bring your own.
- Hand sanitizer is available, and hand washing is requested once you enter the building.
- **IF YOU FEEL SICK, PLEASE DO NOT ATTEND!** We want everyone to stay well!
- We may be checking into the possibility of having Zoom meetings also, but not set up at this time. Watch our website for and updates.

PLEASE NOTE! The NEW Family Support Group email is fsnamistcloud@gmail.com.

Facing the Future - Post Election

As we send this newsletter to press, the election is only days (maybe hours?) away. Not knowing what will change and what will stay the same in the world of politics, or how it will affect all of us, remember that our representatives in government work for **us**. We need to let them know when we see changes needing to be made. It can all seem overwhelming, but make sure your voice is heard; at the polls, through letters, emails, and through our presence in legislation via NAMI Minnesota, who works tirelessly on our behalf. However things turn out, whether your favorite candidate wins or loses, don't despair. Look at it this way, when the election is over, we have one less thing to stress about! Take care of yourself and those you love, and remember that in politics, not much is permanent!

Holidays in the time of COVID

It looks like this year we will be creating some new, hopefully temporary, holiday traditions. While trying to connect with family and friends will no doubt be more challenging, many folks have come up with creative ways to connect, even if it's not always in person. Mental health issues are already increasing exponentially due to stress brought about by COVID. Whether related to job issues, financial strains, schooling adjustments, or concerns for the health of family members, it is a difficult time for all. While the holidays are often already a stressful time for many folks, it can seem like one more rock on the pile at this difficult time.

Now is the time to recognize that some traditions and plans should be simplified and relaxed for this year. Many folks have turned to electronically connecting, via Facetime and Zoom. A meal together while face to face electronically might not seem the same, but still a better option than dining alone. And don't forget about those who may not be able to connect electronically, a call or distance visit can mean a lot! Gifts don't have to be extravagant; coupons for services or homemade goodies can be better than just more stuff. Remember, we **will** get past this. While we may not be able to adhere to all our precious Thanksgiving, Christmas (or Hannukah or Kwanza) traditions, that doesn't mean the holiday we are celebrating has been cancelled. **Focus on the spirit, joy and love, and take care of each other. Now is not the time to take risks with your family's health!**

Thoughts of Suicide?

St. Cloud Area Help	320-253-5555
Crisis Text Line	Text MN to 741741
For emergencies call 911 or call the National Suicide Prevention Line at 1-800-273-8255 (TALK)	

NAMI St. Cloud	320-654-1259 www.namistcloud.com
NAMI Minnesota	888-473-0237 www.namimn.org
NAMI National	888-473-0237 www.nami.org

Resource	Information
St. Cloud Hospital	320-251-2700
Adult Mental Health Unit	320-255-5601
Senior Helping Hands	320-229-3760
Central Minnesota Mental Health Centers	
St. Cloud [1321 13 th St. N] (emergency services: 320-253-5555 or 1-800-835-8008)	320-252-5010
Buffalo [308 12 th Ave. S.]	763-682-4400
Elk River [253 8th St NW, Suite A. Elk River]	763-441-3770
Monticello [407 Washington St.]	763-295-4001
Hope Community Support Program	320-240-3324
County Human Services	
Benton County Human Services	320-968-5087
Sherburne County Human Services	1-800-433-5239
Stearns County Human Services	320-656-6000
Wright County Human Services	763-682-7400
Caritas Family Services (Catholic Charities)	320-252-4121
Independent Lifestyles, Inc.	320-529-9000
Resource Training & Solutions	1-888-477-7032
State Resources	
Mental Health Association of Minnesota	1-800-862-1799
Mental Health Ombudsman	651-431-5201 or 1-800-657-3506
Minnesota Disability Law Center	1-800-292-4150
Four County Crisis Response Team Central MN Mental Health Center Stearns, Benton, Sherburne, Wright Counties	320-253-5555 or 1-800-635-8008
Mental Health Consumer Survivor Network www.mhcsn.org	1-800-483-2007
Minnesota Mental Health Resources for Benton, Sherburne, Stearns, and Wright Counties	www.mnmentalhealth.org

****PLEASE NOTE!****

Due to COVID-19, some of these meetings may be cancelled or changed to an online format. Please contact the group to verify how to attend the meeting before going!

Resource	Information
St. Cloud Area Support Groups	
Family Support Group For family members, friends and caregivers of someone with a mental illness. All ages, all diagnosis! 2nd and 4th Tuesday 7:00pm to 8:30pm St. Cloud Stand Down Building 722 33rd Ave North, St. Cloud **Please note location change !**	Cecilia Huston Email: fsnamist-cloud@gmail.com
PFLAG Weekly Support Group Mondays 7:00 to 8:30pm St Cloud Public Library	www.centralmnpflag.com
Hope Community Support Program Groups Depression/BiPolar Support Group (Thursdays-5:30 to 7:30 PM) Schizophrenia Support Group (Wednesdays-2:00 to 3:30 PM) Reach (for friends of those with mental illness).... (1 st Tuesday of every month-6:00 to 7:00 PM) Here & Now Group Thursdays 11 AM	320-240-3324 (NOTE! All Hope sponsored support groups are currently online, please call for further details.)
OCD Support Group Wednesdays-5:00 to 6:30 PM at CMMHC	320-252-6432
National Suicide Prevention Lifeline	1-800-273-TALK (8255)
National Suicide Prevention Hotline	1-800-SUICIDE (784-2433)
Veteran's Linkage Line	1-888-LINKVET (546-5838)
Legal Aid Society	612-332-1441
Salvation Army-Emergency Shelter	320-252-2229
Caritas Emergency Assistance	320-229-4560
Caritas Financial Counseling	320-650-1660
Crisis Connection (Phone Counseling)	Call 211 or 1st Call Minnesota at 1-800-543-7709
The Healing Hearts of Suicide Groups : 1 st Tuesday of each month at Center for Life Transitions, 38 24th Ave. North, St. Cloud – 7:00 - 8:30 pm 3 rd Tuesday of each month at the St. Mary's School in Melrose, 320 5th Avenue SE, - 8:00 - 9:30 pm (Please call Roxann before attending.)	Roxann at 320-248-1563
Albany Depression/Bi-Polar Support Group Mondays 6:30-7:30 pm Albany Hospital Conference Room	Call Hope at 320-240-3324
Mental Health Support Group for Adults In Sauk Centre, Palmer House Hotel (in the back room) Meetings are held each Friday from 2-4 pm	Richard at 320-260-4233
Independent Lifestyles Depression/Bipolar Support Group Mondays 6 - 7:30 pm 215 North Benton Drive Sauk Rapids, MN	320-281-2025
Bridges Parent Support Group Handke Center, 1170 Main Street, Elk River, MN 55330 Meetings are held the third Monday of each month From 6:00–8:00 PM **RSVP is required for adequate childcare and food	RSVP to Sue Schmieg: 763-283-1838 or smithspan@gmail.com



National Alliance on Mental Illness-St. Cloud Area

**NAMI/St. Cloud Area
Executive Committee
2020**

President
Nick Johnston

Vice-President
Louise Echola

Secretary
Mary Kelash

Treasurer
Ruth Wittrock

Membership Levels (circle):

\$60 Household \$40 Individual \$5 Open Door (for Low Income)

I would like to make an additional donation: \$ _____ Additional Amount

Membership Information:

(Name)

Address

City

State

Zip Code

Phone

Email

Method of Payment (circle): Check Visa Mastercard AmExDiscover

Credit Card Number

Expiration Date

Signature of Card Holder

CCV Code

Please sustain my annual membership by automatically charging my card for:

___ 3 years ___ 5 years ___ Until I notify You

Please send membership application to:

NAMI Minnesota

1919 University Ave W, Ste 400

St Paul, Mn 55104

Toll Free: 1-888-NAMI-HELPS

To join or renew membership online, visit www.namihelps.org

NAMI-St. Cloud Area
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