



National Alliance on Mental Illness



St. Cloud Area

The Official Newsletter of NAMI St. Cloud Area | **Volume 19: Issue 1** | **Jan-Feb-Mar**

Upcoming Education:

Annual Christmas Gifts to Residential Facilities

Education Programs are Free and Open to the Public, on the 3rd Tuesday of each month. CEU available.

Education Programs will be on Zoom AND in person, from 6:00 PM to 7:00 PM (unless noted below. Please visit our website for login details for Zoom).

January 20th 2026
**NO Education Program
Annual Board Meeting**

February 17th, 6:00 PM
**Subject and speaker to come
Check our website for info**

March 17th, 6:00 PM
**Subject and speaker to come
Check our website for info**

NAMI St. Cloud Meetings
Board and Education meetings are held at St. Cloud Stand Down Bldg.
722 33rd Ave. North St. Cloud, MN

CONTACT US!

NAMI-St. Cloud Area
P.O. Box 771
St. Cloud, MN. 56302
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Before Christmas we packed presents and delivered them to the following Mental Health Residential Facilities:

St. Cloud Hospital –
Adult Behavioral Health Unit: 15 beds
Children/Adolescent Unit: 5 beds
Empath Unit: 9 beds

CMMHC –
Northway Group Home: 10 beds
Crisis Unit: 9 beds

Refractions in St. Augusta - 7 Beds

St. Cloud VA Inpatient Psychiatry - 15 beds

Monticello Hospital Adult Geriatric Unit - 10 beds

Community Based Health Hospital, Annandale - 16 beds

Grafton Integrated Health Network in Cold Spring - 17 beds

Presents included, but were not limited to; socks, comfort throws, colored pencils, word books, coloring books, big journals, small journals and playing cards. We have some leftover items packed away for next year.

Celebrating Kay King’s Retirement

After almost two decades of extraordinary service, Kay King—NAMI Minnesota’s Older Adults Program coordinator and community educator—will retire this February. Kay has touched the lives of countless Minnesotans with her compassion, expertise, and unwavering commitment to mental health education. Her lived experience as a lifelong caregiver is deeply appreciated by those who’ve taken her classes, who feel truly seen and love her real-life examples and anecdotes. Kay, a Le Sueur native, has been especially passionate about expanding education and support in Greater Minnesota, where services are often harder to access.

Kay will teach one final class on the very day she retires: QPR Suicide Prevention on Tuesday, February 3, from 3:00–4:30 PM (virtual). Learn from Kay the three steps anyone can take to help prevent suicide. Just like CPR, QPR is an emergency response to someone in crisis, and it can save lives. This class is for members of the community over the age of 16 who want to learn best practices in suicide prevention. It has been approved by the Board of Social Work to provide 1.5 CEUs and meets the continuing education requirement for teachers.

This special class is part of SuperWeek 2026, a weeklong series of free virtual classes designed for parents, caregivers, and professionals who support children and youth. SuperWeek offers practical tools, expert guidance, and supportive community connection—all at no cost. The week concludes with Super Saturday, a free in-person family event featuring activities, resources, and opportunities to build stronger mental health together.

If you have not yet taken a class with Kay, this is a meaningful final opportunity to learn from her and celebrate her remarkable career. If you have already attended one of her trainings, we invite you to honor Kay’s legacy by sharing this opportunity and encouraging others to register and join us. **Register on the NAMI MN website**

Recent Events We Attended

10/16 – Sherburne/Wright Community Connect at Big Lake Middle School
 10/28 – St. Cloud Community Connect at River’s Edge Convention Center
 11/1 – Ageing With a Flourish at Bethlehem Lutheran Church

New Digital Newsletter Option

Starting with this newsletter, we will be starting to email the newsletter to the email address supplied to us from NAMI MN, instead of mailing a paper copy. If you prefer to get a paper copy, please email us at stcloudnami@gmail.com and let us know.

New Caregiver Hotline Available

To be a caregiver means seeing someone you love in pain, navigating red tape and complex systems, and facing stigma and misconceptions surrounding mental illness. It means advocating for your loved one when no one else will, showing resilience and strength day after day, often at your own expense. Being a caregiver is to embark on a long and difficult journey, though the rewards are tremendous and well worth it.

Supporting caregivers for family members with mental illness is key to the NAMI Alliance. This is why we are launching a dedicated HelpLine just for caregivers and their unique needs.

The NAMI Family Caregiver HelpLine will provide:

- Free, confidential, peer-led support
- Practical guidance, trusted resources, and help navigating systems
- Compassionate conversations with HelpLine volunteers who truly understand because of their own lived experiences
- Support that affirms caregivers deserve care, too

You can spread the word! Let your caregivers know to call 1-800-950-6264 and press “4” or text “Family” to 62640 to connect with a skilled NAMI Family Caregiver HelpLine Specialist today.

We Are Looking for Input

We would like to know if you have specific subjects, or areas of interest you would like to see in our Education Programs for 2026. And if you know a professional that would be interested in speaking to our group, please contact us at our new email; stcloudnami@gmail.com.

We are also looking for ideas for speakers for our Fall Conference coming up. More to come on dates

We could also use a few new board members, please email Nick Johnston at njohns1021@gmail.com if you are interested!

New NAMI St. Cloud Email

To leave a message or question for NAMI St. Cloud Area, please use our new email address: stcloudnami@gmail.com

As mentioned above, if you prefer to get a paper newsletter mailed instead of emailed, please let us know. And please remember to keep your NAMI membership up to date.

Thoughts of Suicide?		***PLEASE NOTE!***
St. Cloud Area Help	Call or Text 988	Some of these meetings may have changed to an online format. Please contact the group to verify how to attend the meeting before going!
Crisis Text Line	Text MN to 741741 or 988	St. Cloud Area Support Groups
For emergencies call 911 or call the National Suicide Prevention Line at 1-800-273-8255 (TALK)		Resource Group Information
NAMI St. Cloud	320-654-1259 www.namistcloud.com	Family Support Group—
NAMI Minnesota	888-473-0237 www.namimn.org	For family members, friends and caregivers of someone with a mental illness. Meetings on the 2nd and 4th Tuesday, 7:00pm to 8:30pm
NAMI National	888-473-0237 www.nami.org	Meeting online only via Hey Peers . Visit the NAMI St. Cloud website, Family Support tab for registration details. Cecil Huston - facilitator email at fsnamistcloud@gmail.com
Resource	Information	PFLAG weekly support Group –
St. Cloud Hospital	320-251-2700	Mondays 7:00 to 8:30pm St Cloud Public Library www.centralmnpflag.com
Adult Mental Health Unit	320-255-5601	OCD Support Group
Senior Helping Hands	320-229-3760	Wednesdays-5:00 to 6:30 PM at CMMHC - 20-252-6432
Central Minnesota Mental Health Centers		The Healing Hearts of Suicide Groups :
St. Cloud [1321 13th St. N] (emergency services: 320-253-5555 or 1-800-835-8008)	320-252-5010	1st Tuesday of each month at Center for Life Transitions, 38 24th Ave. North, St. Cloud 7:00 - 8:30 pm
Buffalo [308 12th Ave. S.]	763-682-4400	3rd 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.) 320-248-1563
Elk River [253 8th St NW, Suite A. Elk River]	763-441-3770	Albany Mental Health Support Group –
Monticello [407 Washington St.]	763-295-4001	Every Monday 4:30-5:45 PM (except holidays) CentraCare Conf. Rm 300 30 th Ave Albany Call 320-845-2157 for more info
County Human Services		Independent Lifestyles –
Benton County Human Services	320-968-5087	Depression/Bipolar Support Group
Sherburne County Human Services	1-800-433-5239	Mondays 6-7:30PM at 215 North Benton Drive Sauk Rapids, MN
Stearns County Human Services	320-656-6000	Peer Support Group –
Wright County Human Services	763-682-7400	Thursdays (except holidays) 5:30 – 7:00 PM at Whitney Senior Center, Northway Drive Whitney room
State Resources		Bridges Parent Support Group –
Mental Health Assn. of MN	1-800-862-1799	Handke Center, 1170 Main Street, Elk River, MN 55330. Meetings on the third Monday of each month From 6:00 - 8:00 PM. **RSVP is required for adequate childcare and food. RSVP to Sara. Pundsack@co.sherburne.mn.us
Mental Health Ombudsman	1-800-862-1799	Veterans Linkage Line-1-888-LINKVET (546-5838)
Minnesota Disability Law Center	651-431-5201 or 1-800-657-3506	Legal Aid Society-612-332-1441
Four County Crisis Response Team Central MN Mental Health Center (Stearns, Benton, Sherburne, Wright Counties)	1-800-292-4150	Salvation Army- Emergency Shelter-320-252-2229
Mental Health Consumer Survivor Network - www.mhcsn.org	320-253-5555 or 1-800-635-8008	Caritas Emergency Assistance-320-229-4560
Minnesota Mental Health Resources for Benton, Sherburne, Stearns, and Wright Counties	1-800-483-2007	Caritas Financial Counseling-320-650-1660
		Crisis Connection (Phone Counseling) – Call 211 or 1st Call Minnesota 1-800-543-7709
		Lutheran Social Services - 320-251-7700 or 1-888-881-8261
		Independent Lifestyles, Inc. - 320-529-9000
		Resource Training and Solutions - 1-888-477-7032
		The Village Family Service Center - 320-251-7700 or 1-888-881-8261



National Alliance on Mental Illness-St. Cloud Area

**NAMI St. Cloud
Area Executive
Committee 2025**

President

Gary Vieth

Vice President

Nick Johnston

Secretary

Lynn Gohman

Treasurer

Chuck Lang

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 AmEx Discover

Credit Card Number Expiration Date

Signature of Card Holder CCV Code

Please sustain my annual membership by automatically my card for:

___ 3 years ___ 5 years ___ Until I notify you

Please send membership applications to:

NAMI Minnesota
1919 University Ave West, Suite 400
St. Paul, MN 55104

Toll Free: 1-888-NAMI-HELPS

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

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