



NAMI

National Alliance on Mental Illness

St. Cloud Area



The Official Newsletter of NAMI-St. Cloud Area

Volume 11: Issue 2

May-June-July
2018

Upcoming Education:

**Educational Meetings are
Free and Open to the
Public**

May 22nd @ 6:30
Consumer Panel:
Consumers share their
journey from illness
to recovery.

June 19th @ 6:30 "Post
Traumatic Stress
Disorder," presented by
Patricia Hackett, The
Village

July 17th @ 6:30 "Writing
Your Way into the Day,"
presented by Amy Leither

Meetings are held at:
Hope Community Support
Program
157 Roosevelt Road
Suite 300
St. Cloud, MN. 56301
Call for directions:
(320) 240-3324

CONTACT US!

NAMI-St. Cloud Area
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NAMI St. Cloud Area

Saturday, May 19th, 2018 — 11:00 AM Start
At Lake George, St. Cloud, MN

Mental Health Walk

"Why I Walk"
posters

Refreshments

Silly Hat Walk

Improving lives.....

..Step by Step!

Door Prizes

Team Photos

Silent Auction
Baskets!

Celebrate HOPE!

To Register/Donate: www.namistcloud.com

Phone: 320-654-1259

*Check in begins at 9:00 AM - Team Recognition and Photos 10:30

*Cancellation of the Walk due to inclement weather would be broadcast on WJON Radio
and our Facebook page: NAMI St. Cloud, MN

Proceeds go to NAMI St. Cloud Area programs of
Education, Advocacy and Support

Mental Health Movie

Once again NAMI St. Cloud has teamed with Hope Community Support Program of Catholic Charities to provide a free mental health-oriented movie. This year it will be held at Marcus Parkwood Cinema in Waite Park on Wednesday, May 16th, 11:00am. The movie is free. Pop and popcorn are available for \$2.75 plus tax. A discussion led by mental health professionals will follow. CEU's are available upon request for those that remain for the discussion.

The movie is titled *Infinately Polar Bear* (2014). A manic-depressive mess of a father tries to win back his wife by attempting to take full responsibility of their two young, spirited daughters, who don't make the overwhelming task any easier.

Free Class

A class titled *Mental Health Crisis Planning For Families* will be held May 21st from 6-8 pm at Handke Family Center, 1170 Main Street NW Elk River MN.

In the class, you will learn the symptoms that can lead to a crisis, steps to take, de-escalation techniques and the role of county crisis teams. Develop a crisis plan for your child and family. This is a two-hour class and is for parents or caregivers of children.

Registration is required and can be found on Eventbrite or by checking the St. Cloud NAMI website and Facebook Page.

Thank You to Our Sponsors for the 2018 Mental Health Walk

**Granite Financial
Brenny Transportation
Central Minnesota Mental Health Center**

CommUNITY Adult Mental Health Initiative
www.mnmentalhealth.org

Joshua's Journey

**Barb Kellogg Photography
Marcus Theatres**

Thank You to our Mental Health Walk Committee for their work in making this Walk possible!

We thank our wonderful Volunteers who assist us with the Walk! Thank You to all the Walkers, Donors and those who support our work from far and near!

Mental Health Conference

Our 32nd annual Fall Mental Health Conference will be held on Friday October 5th from 8am to 4:30pm at the Calvary Community Church, 1200 Roosevelt Road, St. Cloud, MN. The title this year is "Depression, Anxiety and You".

We have invited several psychiatrists from the U of M Department of Psychiatry to make presentations on these topics. We expect our rates to be the same as last year: \$100 for Professionals and \$25 for Consumers and Family Members. Save the date on your calendar right away. We'll have more details in our next newsletter.

Mental Health Education comes to western Stearns County

A group of consumers and concerned citizens from Sauk Centre asked to work with NAMI St. Cloud to bring mental health education to their area. As a result, a one-day conference on anxiety and depression will be held in Sauk Centre on the 28th of September. Kay King, Older Adult program coordinator and Community Educator for NAMI/MN will be the featured speaker.

Check the NAMI website and the next newsletter for additional information.

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
NAMI-St. Cloud Area www.NAMIStCloud.com	320-654-1259
State Resources	
NAMI-MN	888-473-0237
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
NAMI-National	1-800-950-6264
Four County Crisis Response Team Central MN Mental Health Center Stearns, Benton, Sherburne, Wright	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

Resource	Information
St. Cloud Area Support Groups	
Family Support Group 4th Tuesday 7:00pm to 8:30pm Calvary Comm. Church 1200 Roosevelt Road St. Cloud MN	Mike Stringer 320-492-2024
Parent Voices of NAMI St. Cloud and the Family Support Group E-mail: parentvoicesofnamisc@gmail.com 2 nd Tuesday of each month-6:00 to 7:30 PM at Calvary Comm. Church 1200 Roosevelt Road St. Cloud MN	Cecil Huston 320-654-1259 Mike Stringer 320-492-2024
PFLAG Weekly Support Group Mondays 7:00 to 8:30pm St Cloud Public Library	www.centralmnpflag.com
Hope Community Support Program Groups Depression/BiPolar Group (Thursdays-6:00 to 8:00 PM) Schizophrenia..... (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
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
Suicide Survivor Support Group 2nd Monday of each month from 6:30 - 8:00 pm at Peace Lutheran Church in Cold Spring	
The Healing Hearts of Suicide Groups 1st Tuesday of each month at 305 7th Ave N, St. Cloud from 7:00 - 8:30 pm 3rd Tuesday of each month at the St. Mary's School (320 5th Avenue SE) from 8:00 - 9:30 pm	Roxanne at 320-248-1563
Albany Depression/Bi-Polar Support Group Mondays 6:30-7:30 pm Albany Hospital Conference Room	
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	
Independent Lifestyles Depression/Bipolar Support Group Mondays 6 - 7:30 pm 215 North Benton Drv Sauk Rapids, MN	320-281-2025



National Alliance on Mental Illness-St. Cloud Area

**NAMI/St. Cloud Area
Executive Committee
2018**

President
Nick Johnston

Vice-President
Louise Echola

Secretary

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 AmEx Discover

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

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