NAMI
National Alliance on Mental Illness

St. Cloud Area

The Official Newsletter of NAMI St. Cloud Area | **Volume 19: Issue 3** | **July-Aug-Sept**

Upcoming Education:

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).

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July 21st, 6:00 PM
"Journaling"
Sarah Meisinger, MSW, LICSW

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August 18th, 6:00 PM
"Meet with Area Legislators" Review 2026 legislative results, and discuss other state and local issues"

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September 15th, 6:00 PM
"Loneliness"
Louise Echola, NAMI St. Cloud Board member

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
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Weathering Difficult Times in Rural MN

From the U of M Extension Website

Extension's rural stress task force applies programming and expertise from across Extension to help families and small towns respond to current economic, environmental and societal challenges that overwhelmingly affect rural Minnesota and farming communities.

The team works with state agencies, agricultural organizations, and colleagues throughout the University.

Many Extension faculty and staff live and work in rural Minnesota. They respond daily to issues faced by the people and organizations in their counties. They've compiled the resources on this page to streamline access to financial help and mental health resources in greater Minnesota.

Need immediate help?

National Suicide Prevention Lifeline at 1-800-273-TALK (8255)
Throughout Minnesota: call **CRISIS (274747)**
Crisis Text Line: Text "MN" to 741741

Minnesota Farm and Rural Helpline is free, confidential and available 24/7. This call center is located in Minnesota. Calls are answered by trained staff and volunteers. If you or someone you know is struggling with stress, anxiety, depression or suicidal thoughts — call. Sometimes it's easier to talk to someone you don't know.

1-833-600-2670 ext.1

For more information, and a list of resources and classes, please visit the website: https://extension.umn.edu/stress-and-change/rural-stress

New Support Group Coming Soon!

Coming soon: An all-new support group of an all-new type!

NAMI Minnesota Recovery in Mind:
Mental Health Support for People Living with a Dual Diagnosis

The Recovery in Mind support group is for adults who are living with both a mental illness and a substance use disorder. The meetings will include time for a mindfulness activity (meditation, grounding, mindfulness), a short mental wellness lesson, and open discussion. The NAMI Washington County affiliate will be hosting the first group in person. Watch for more details on the NAMI MN website.

Upcoming Events

- **A Free Food Give-away** will be held at Hope Covenant Church, St. Cloud on **July 18th**, 10-11 am.
  - Everybody is eligible. They offer fresh produce, pantry items, fresh bread from Backyard Bread, and coffee as well as fresh muffins. Most items if not all are limited to 2 items per person. There is a limited amount of items. Bring your own bags, or boxes for carrying. People start lining up by 08:15.
- **A Wellness Resource Fair** will be held at Pioneer Park, Monticello on August 15th.
- **A Free Food Give-away** will be held at Hope Covenant Church, St. Cloud on August 15th, 10-11 am (See details above)
- **Our Mental Health Walk** will be held on **Saturday, September 12th**, at Wilson Park. Walk check-in begins at 9:00 am, and the walk will start at 10:00 am. Plans are still in the works, please check our website www.namistcloud.com for updated details.
- **A Free Food Give-away** will be held at Hope Covenant Church, St. Cloud on **September 19th**, 10-11am (see details above)

New Family to Family Class

A new Family to Family Class will be starting up on September 24th, running for 8 weeks.

Family-to-Family is an 8-session educational program for family, loved ones, and friends of a teen or adult living with a mental illness; it is not intended for individuals who are living with a mental illness themselves. It is an evidenced-based program that improves the coping and problem-solving abilities of the people closest to a person living with a mental illness. Led by trained family members who have been there, this program provides information and strategies for taking care of the person you love. It includes presentations, discussions, and interactive exercises, as well as support and connection among peers.

Potential attendees will be scheduled for a brief telephone interview to make sure they are a good fit for the class. Call Chuck Lang at 320-290-7713 if interested in registering.

Welcome to New Board Member!

Lisa Abrazo has volunteered to provide technical assistance with our Zoom Educations meetings. Thank you and welcome Lisa!

Recent Events We Attended

4/25/26 – Let the Sunshine Run/Walk, Cold Spring

4/30 & 5-1/26 – The Military Mental Health Conference, Camp Ripley

New Digital Newsletter Option

We have started 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.

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

Thoughts of Suicide?

Suicide or Crisis Line **988** *(For emergencies dial 911)*	**Call, Text or Chat 988** **988 offers 24/7 judgment-free support for mental health, substance use, and more.**
NAMI St. Cloud	320-654-1259 www.namistcloud.com
NAMI Minnesota	888-473-0237 www.namimn.org
NAMI National	1-800-950-6264 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 13th St. N.) *(emergency services: 320-253-5555 or 1-800-835-8008)*	320-252-5010
Buffalo (308 12th Ave. S.)	763-682-4400
Elk River (253 8th St. NW, Ste A, Elk River	763-441-3770
Monticello (407 Washington St.)	763-682-7400

County Human Services

Benton County	320-968-5087
Sherburne County	1-800-433-5239
Stearns County	320-656-6000
Wright County	763-682-7400

State Resources

Mental Health Assn. of MN	1-800-862-1799
Mental Health Ombudsman	651-431-5201 or 1-800-657-3506
Minnesota Disability Law Ctr	1-800-292-4150
Four County Crisis Response Team Central MN Mental Health Center	320-253-5555 or 1-800-635-8008 serving Stearns, Sherburne, Benton and Wright
Mental Health Consumer Survivor Network – www.mhcsn.org	1-800-483-2007
Minnesota Mental Health	www. mnmentalhealth.org Resources for 4-County Area Benton, Stearns, Sherburne, Wright

PLEASE NOTE!
Some meetings may have changed to online format. Please contact them to verify before going!

St. Cloud Area Support Groups

St. Cloud Family Support Group -
For *family, friends and caregivers* of someone with a mental illness. Meetings are on the 2nd and 4th Tuesday of each month, from 7:00 PM to 8:30 PM. Meeting are online only, via the Hey Peers website. See the NAMI St. Cloud website, Family Support tab for registration details. Cecil Huston – facilitator. Email at fsnamistcloud@gmail.com for more info.

PFLAG Weekly Support Group –
Mondays 7:00 – 8:30 PM, at St. Cloud Public Library www.centralmnpflag.com

OCD Support Group –
Wednesdays 5:00 to 6:30 PM at CMMHC 320-2552-6432

The Healing Hearts of Suicide Group-
3rd of each month at Center for Life Transitions, 38 24th Ave. North St. Cloud 7:00-8:00 PM
***Please call Roxanne before attending at 320-248-1563*

Albany Mental Health Support Group –
Mondays at 4:30-5:45 PM (except holidays) at CentraCare, Conf. Rm, 300 30th Ave., Albany
Call 320-845-2157 for more info.

Depression/Bipolar Support Group-
Mondays 6:00-7:30 PM at Independent Lifestyles, 215 North Benton Drive, Sauk Rapids, MN 320-529-9000

Peer Support Group –
Thursdays (except holidays) 5:30-7:00 PM at Whitney Senior Center, Northway Drive. Whitney Room

Bridges Parent Support Group –
3rd Monday each month, 6:00 – 8:00 PM, at the Handke Ctr, 1170 Main St., Elk River MN. **RSVP is required for adequate food and childcare. RSVP to Sara at 763-283-1838

Resource Group Information

Veterans Linkage Line – 1-888-LINKVET (546-5838)
Legal Aid Society – 1-612-332-1441
Salvation Army Emergency Shelter – 320-252-2229
Caritas Emergency Assistance – 320-229-4560
Caritas Financial Counseling – 320-650-1660
Crisis Connection (Phone Counseling) 211 or 1-800-546-7709 (First Call Minnesota)
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 – 1-866-304-2697
Minnesota Disability Law Center – 1-800-292-4150

National Alliance on Mental Illness

NAMI St. Cloud Area Executive Committee 2026

President
Gary Vieth

Vice President
Nick Johnston

Secretary
Lynn Gohman

Treasurer
Chuck Lang

National Alliance on Mental Illness-St. Cloud Area

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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