



Our February mission focus and donation will support the Twin Cities chapter of NAMI. NAMI {National Alliance on Mental Illness}, is the nation's largest grassroots mental health organization dedicated to support for the millions of Americans affected by mental illness. NAMI started as a small group of families gathered around a kitchen table in 1979. It has grown into an alliance of more than 600 local affiliates and 48 state organizations that work in communities to raise awareness and provide support that was not previously available to those in need.

NAMI's mission is to provide advocacy, education, resources, and public awareness so that all individuals and families affected by mental illness can build better lives. The local chapters also provide legal assistance, housing assistance, triage for psychiatric providers, counseling and special services for youth. Offices are located around the state and locally at 1919 University Avenue in St. Paul. Please consider a donation this month to this worthwhile organization, as we celebrate a month of love and valentines.

### **CONTACT US**

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### **OFFICIAL PARTNERS**



### **EDUCATION AND PUBLIC AWARENESS**

- [Calendar](#)
- [Classes](#)
- [e-Newsletter Sign Up](#)
- [En Español \(Recursos y Educación\)](#)
- [Fact Sheets on Mental Illnesses](#)
- [Faith Communities](#)
- [Health Library](#)
- [NAMI Minnesota Publications](#)
- [\[NAMI Resources for LGBTQ+ Community\]\(#\)](#)
- [NAMI Resources for Multicultural Communities](#)
- [NAMI Resources for Veterans](#)
- [Older Adults](#)
- [Podcast Episodes](#)
- [Request a NAMI Presentation](#)
- [Suicide Prevention](#)
- [Videos](#)
- [Wellness](#)

All NAMI Affiliates in Minnesota are listed below. Please click the group name for more information. If you do not see a group in your local community please contact NAMI Minnesota for more information.

## Your NAMI Affiliates

NAMI Affiliate	Geographic Service Area	City	Zip Code
<a href="#">NAMI Anoka County</a>	Anoka County	Anoka	55303-0927
<a href="#">NAMI Carver County</a>	Carver County, MN		
<a href="#">NAMI Dakota County</a>	Dakota County	Eagan	55122-0121
<a href="#">NAMI Duluth Area</a>	Carlton County, Southern St. Louis County (Duluth & surrounding area) & Northwestern Wisconsin	Duluth	55803-3424
<a href="#">NAMI Freeborn County</a>		Albert Lea	56007
<a href="#">NAMI Grand Rapids Area</a>	Itasca County, MN	Grand Rapids	55744-0203
<a href="#">NAMI Hennepin County</a>	Hennepin County, MN	Minneapolis	55424-0633
<a href="#">NAMI Iron Range</a>			
<a href="#">NAMI Moorhead</a>	Clay & Wilkin Counties	Moorhead	56561-0974
<a href="#">NAMI North Central Region</a>	Aitkin, Cass, Crow Wing, Morrison, Todd & Wadena	Brainerd	56401-0283
<a href="#">NAMI Northwoods Beltrami</a>			
<a href="#">NAMI of Southwestern Minnesota</a>	Jackson, Nobles, Rock and Cottonwood Counties		
<a href="#">NAMI Ramsey County</a>	Ramsey County, MN		
<a href="#">NAMI Scott County (MN)</a>	Scott County, MN		
<a href="#">NAMI Southeast Minnesota</a>	Southeastern Minnesota	Rochester	55906-4144
<a href="#">NAMI St. Cloud Area</a>	Stearns, Wright, Sherburne, Benton	Saint Cloud	56302-0771
<a href="#">NAMI Tri-County (MN)</a>			
<a href="#">NAMI Washington County (MN)</a>	Washington County, MN		
<a href="#">NAMI Western Minnesota</a>	Big Stone, Chippewa, Kandiyohi, Lac qui Parle & Swift Counties	Willmar	56201
<a href="#">NAMI Winona</a>	Winona County, MN	Winona	55987-7063