

MENTAL HEALTH Minnesota

The Voice of Recovery



About Us

The mission of **Mental Health Minnesota** is to enhance mental health, promote individual empowerment, and increase access to treatment and services for persons living with mental illness.

We work to help people in their journey toward mental health recovery and wellness through direct service, public policy, education and outreach.

What We Do

Minnesota Warmline

The Minnesota Warmline provides a peer-to-peer approach to mental health recovery, support and wellness. Calls are answered by our team of professionally trained Certified Peer Specialists, who have first hand experience living with a mental health condition. The Warmline provides a safe, anonymous and confidential environment to connect with people who are here to listen...here to help. Whether you are calling for support, need information, or just want to talk about what's important to you, the Minnesota Warmline will answer your questions, provide you with local referrals, and take the time to listen to your concerns.

Peer Advocacy Service

Mental Health Minnesota's Peer Advocacy service uses a peer-to-peer approach to provide information, tools and resources for mental health recovery. Certified Peer Specialists work with people on the phone and in person based on individual needs and goals. Peer Advocates connect people with resources in their local communities across the state of Minnesota, provide coaching in how to address a concern help navigate systems of care, work to improve communication between service providers and clients, and support family members. Our service is free of charge, person-centered, solution-focused and short-term.

Education and Outreach

Mental Health Minnesota offers educational presentations to create a greater understanding of mental illness, mental health recovery, and the importance of seeking help for mental health concerns. We incorporate stories of hope and recovery in our presentations in order to change attitudes and perceptions of mental illness.

Ambassador Network

Our Ambassador Network is comprised of individuals who have experienced living with mental illness who seek to advocate, inform and inspire by sharing their stories with policy makers, healthcare providers, the media, educators, employers, students and the general public.

Public Policy Advocacy

Mental Health Minnesota works with a broad coalition of providers, advocates, and agencies to create policies and laws that recognize and foster recovery from mental illness.

www.mentalhealthmn.org

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