



Feeling isolated & overwhelmed by your child's behaviors or mental illnesses?

Not sure where to start or who to talk to? No time to attend support groups or classes? Even phone calls a challenge?

Email our parent warmline and connect with one of our parent peer specialists.

Each member of our team is a parent of a child or young adult with mental illnesses or challenging behaviors.

We can help you find resources, answers to your questions and a support network and know that you are not alone....

Email: parent.resources@namimn.org

We will respond to all messages within 24 hours.

**Please note, this is not a crisis line.
For a mental health crisis or emergency always
contact your county crisis team or 911.**

**NAMI Minnesota, 800 Transfer Road, Suite # 31, St. Paul MN 55114
651-645-2948 www.namihelps.org**