



NAMI's Mission

NAMI Minnesota champions justice, dignity and respect for all people affected by mental illnesses. Through education, support and advocacy we strive to eliminate the pervasive stigma of mental illnesses, effect positive changes in the mental health system, and increase the public and professional understanding of mental illnesses.

Why We Walk

- Mental illnesses are common, affecting 1 in 5 adults and youth.
- Stigma and the resulting discrimination prevent many people from seeking help and treatment.
- Mental illness symptoms commonly present themselves in adolescent years, and early identification and treatment lead to brighter outcomes.
- With treatment and community support, people with mental illnesses can recover and lead full lives.
- Knowing there is family and community support makes it easier to share one's story. Sharing our stories is the most effective way to decrease the stigma surrounding mental illnesses.

Who is NAMI Minnesota?

NAMI Minnesota is a statewide 501(c)(3) grassroots nonprofit organization dedicated to improving the lives of children and adults living with mental illnesses and their families by providing education, support and advocacy.

Founded in 1977 by parents whose sons and daughters with mental illness were discharged from the state hospital without services to support them in the community, NAMI Minnesota has grown into Minnesota's largest mental health advocacy organization.

NAMI Minnesota is guided by those we serve, with nearly all of our staff, board and volunteers experiencing mental illnesses or having a family member who lives with a mental illness. NAMI Minnesota partners with 26 local affiliates serving 50 counties in the state.

