



## Your NAMI State Organization

**State:** Minnesota

**State Organization:** NAMI Minnesota

**Address:** NAMI Minnesota  
1919 University Ave W Ste 400  
Saint Paul, MN 55104-3455

**Phone:** (888) 626-4435

**Fax:** (651) 645-7379

**Email Address:** [namihelps@namimn.org](mailto:namihelps@namimn.org)

**Website:** <http://namimn.org>

**Serving:** Minnesota

**President:** Mariah Owens

**Executive Director:** Sue Abderholden

**Board Member** Julie Atella

**Board Member** Kassius Benson

**Board Member** Carrie M. Borchardt

**Board Member** Christine Bray

**Board Member** Mary Buck

**Board Member** Jacob Englund

**Board Member** Kristi Fox

**Board Member** Mark Gildea

**Board Member** Diann Koch

<b>Board Member</b>	Rick Lancaster
<b>Board Member</b>	Sonal Markanda
<b>Board Member</b>	Josh Pauly
<b>Board Member</b>	Michael Trangle
<b>Board Member</b>	John E. Yanish
<b>Secretary</b>	Beatric Officer
<b>Treasurer</b>	Kevin Hanstad
<b>Vice President</b>	Jessica Gourneau PhD, LP
<b>Vice President</b>	Susan Holter

---

Affiliate Name	Contact Info	
<b>NAMI Anoka County</b>	Address:	NAMI Anoka County PO Box 927 Anoka, MN 55303-0927
	Email Address:	affiliates@namimn.org
	Website:	<a href="http://namianokacounty.org">http://namianokacounty.org</a>
	Serving:	Anoka County
<b>NAMI Carver County</b>	Email Address:	namihelps@namimn.org
	Serving:	Carver County, MN
<b>NAMI Dakota County</b>	Address:	NAMI Dakota County PO Box 22121 Eagan, MN 55122-0121
	Phone:	(952) 432-9278
	Email Address:	namidakotacounty@namimn.org
	Website:	<a href="http://www.namidakotacounty.org/">http://www.namidakotacounty.org/</a>
	Serving:	Dakota County
<b>NAMI Duluth Area</b>	Address:	NAMI Duluth Area PO Box 3424 Duluth, MN 55803-3424
	Email Address:	namiduluth@gmail.com
	Website:	<a href="http://www.namiduluth.org">http://www.namiduluth.org</a>
	Serving:	Carlton County, Southern St. Louis County (Duluth & surrounding area) & Northwestern Wisconsin
<b>NAMI Freeborn County</b>	Address:	NAMI Freeborn County 314 Broadway Ave. Albert Lea, MN 56007
	Email Address:	namifreeborncounty@gmail.com
<b>NAMI Grand Rapids Area</b>	Address:	NAMI Grand Rapids Area PO Box 203 Grand Rapids, MN 55744-0203
	Email Address:	gr.mn.nami@gmail.com
	Website:	<a href="http://www.namigrandrapidsmn.org/">http://www.namigrandrapidsmn.org/</a>
	Serving:	Itasca County, MN

<b>NAMI Hennepin County</b>	Address:	NAMI Hennepin County PO Box 24633 Minneapolis, MN 55424-0633
	Phone:	(612) 424-1823
	Email Address:	namihennepincounty@gmail.com
	Website:	<a href="http://www.namihennepincounty.org">http://www.namihennepincounty.org</a>
	Serving:	Hennepin County, MN
<b>NAMI Iron Range</b>	Email Address:	namihelps@namimn.org
	Website:	<a href="http://www.namiironrange.org">http://www.namiironrange.org</a>
<b>NAMI Moorhead</b>	Address:	NAMI Moorhead PO Box 974 Moorhead, MN 56561-0974
	Phone:	(218) 443-5286
	Email Address:	namimoorhead@namimn.org
	Website:	<a href="http://namimoorhead.weebly.com/">http://namimoorhead.weebly.com/</a>
	Serving:	Clay & Wilkin Counties
<b>NAMI North Central Region</b>	Address:	NAMI North Central Region PO Box 283 Brainerd, MN 56401-0283
	Email Address:	namihelps@namimn.org
	Website:	<a href="http://naminorthcentralregion.org">http://naminorthcentralregion.org</a>
	Serving:	Aitkin, Cass, Crow Wing, Morrison, Todd & Wadena
<b>NAMI Northwoods Beltrami</b>	Phone:	(218) 214-1681
	Email Address:	gymaakhus@gmail.com
	Website:	<a href="https://www.facebook.com/NAMI-NorthwoodsBeltrami-902579149788019/">https://www.facebook.com/NAMI-NorthwoodsBeltrami-902579149788019/</a>
<b>NAMI of Southwestern Minnesota</b>	Email Address:	proplock@federatedwildblue.com
	Serving:	Jackson, Nobles, Rock and Cottonwood Counties
<b>NAMI Ramsey County</b>	Email Address:	namiramseycounty@namimn.org
	Website:	<a href="http://www.namiramseycounty.org/">http://www.namiramseycounty.org/</a>
	Serving:	Ramsey County, MN
<b>NAMI Scott County (MN)</b>	Phone:	(612) 424-1823
	Email Address:	namihelps@namimn.org
	Website:	<a href="https://namiscottcounty.weebly.com/">https://namiscottcounty.weebly.com/</a>
	Serving:	Scott County, MN

<b>NAMI Southeast Minnesota</b>	Address:	NAMI Southeast Minnesota 1700 Broadway Ave N Ste 104 Rochester, MN 55906-4144
	Phone:	(507) 287-1692
	Email Address:	nami-semn@namisemn.org
	Website:	<a href="http://www.namisemn.org">http://www.namisemn.org</a>
	Serving:	Southeastern Minnesota
<b>NAMI St. Cloud Area</b>	Address:	NAMI St. Cloud Area PO Box 771 Saint Cloud, MN 56302-0771
	Phone:	(320) 654-1259
	Email Address:	njohns1021@gmail.com
	Website:	<a href="http://www.namistcloud.com/">http://www.namistcloud.com/</a>
	Serving:	Stearns, Wright, Sherburne, Benton
<b>NAMI Tri-County (MN)</b>	Phone:	(507) 451-0043
	Website:	<a href="http://www.namitricountymn.org/">http://www.namitricountymn.org/</a>
<b>NAMI Washington County (MN)</b>	Phone:	(612) 424-1823
	Serving:	Washington County, MN
<b>NAMI Western Minnesota</b>	Address:	NAMI Western Minnesota 1021 Willmar Ave Willmar, MN 56201
	Phone:	(320) 235-3084
	Serving:	Big Stone, Chippewa, Kandiyohi, Lac qui Parle & Swift Counties
<b>NAMI Winona</b>	Address:	NAMI Winona PO Box 1063 Winona, MN 55987-7063
	Phone:	(507) 494-0905
	Email Address:	helennewell.namiwinona@namimn.org
	Website:	<a href="http://www.winonanami.org/">http://www.winonanami.org/</a>
	Serving:	Winona County, MN

---

NAMI  
3803 N. Fairfax Drive, Suite 100 Arlington, VA 22203

Main: 703-524-7600

HelpLine: 800-950-6264