


# Statewide (MN) & Online Peer Support Options

## **NAMI Minnesota**

- Offers free peer-led support groups (both online and in-person) for adults living with mental health conditions, families, parents of children/teens, and specific groups (e.g., young adults, BIPOC, LGBTQ+) across Minnesota.
- Phone: (651) 645-2948 or toll-free 1-888-626-4435
- Groups include:
  - NAMI Connection (peer support for adults living with mental illness)
  - Young Adult Connection
  - Family Support groups
  - Anxiety & panic support groups
  - Dual diagnosis support groups
  - Many meet via Zoom (no travel needed) and some meet in person in the Twin Cities area and greater Minnesota.

 **How to join:** Call or visit the NAMI Minnesota support group page to find upcoming meeting times and Zoom links that work for you.

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## **Mental Health Minnesota Peer Support & Warmline**

- Provides **peer support over phone, text, and online chat** — great for people who need someone to talk to outside of crisis.
  - **Warmline Support:**
    - Phone peer support: **855-927-6546**
    - Text “Support” to **85511**
    - Online chat via their website
    - General resource & referral line: **800-862-1799**
  - These services are **free, confidential, and open to anyone in Minnesota** for emotional support and connection.
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## **Wellness in the Woods (Peer Support Network)**

- Offers **virtual peer support groups on Zoom**, including daily sessions focused on connection and wellness, plus a **peer support warmline**.
  - Great option if you prefer group connection in a **community environment** and can join from home.
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## **Local or Nearby In-Person Options to Explore**

*(While Big Lake itself may not have regular weekly groups listed publicly, these Minnesota groups are accessible online and many partner with community locations close to the Twin Cities and surrounding counties.)*

### **In-Person Support Groups (Minnesota Statewide, Often Metro Area)**

- **NAMI Connection & Family Support Groups** – various in-person groups across the Twin Cities and other communities (Stillwater, Eagan, St. Paul area, etc.) — open to adults and families.
- **Mental Health Minnesota listed groups** (like Glencoe Recovery & Wellness Support Group – Wed 7–8 pm in Glencoe, which is closer to Big Lake).
  - *Example:* Recovery & Wellness Support Group – Glencoe Regional Health Services (1805 Hennepin Ave N, Glencoe)
  - Contact Frank at **320-455-9264** for details.

💡 Even if a specific in-person group isn't right next door to Big Lake, many groups from the Twin Cities metro are only ~45–60 min away — and the online options above let you join from home.

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### **Tips for Getting Connected**

- When calling or joining online, you can say:  
*“I’m interested in peer support groups for mental health — are there online or in-person meetings I can join?”*
- Many groups don’t require preregistration — just contact the group facilitator for Zoom links or meeting questions.
- If you don’t see a group right now, checking back regularly or calling the statewide coordinators can help you find new schedules.