



One in five people will experience a mental health condition in their lifetime.

Mental Health Minnesota provides online mental health screenings (including screenings specific to parents and children), information and referrals to treatment and services, and peer support through our Minnesota Warmline.

We also have peer support available for teens and young adults via online chat through a new program, We Can RELATE.

Our website has many online and downloadable resources such as information about common mental health conditions, B4Stage4 work, and annual Mental Health Month and Back-to-School toolkit materials.

Learn more at www.mentalhealthmn.org

