

Make a Difference in How Mental Health Care is Provided in Goodhue County

Do you live with a mental illness or have a family member who does? Share your experience and knowledge - join the Goodhue County Adult Mental Health Local Advisory Council!



LACs are made up of diverse groups of individuals that are representative of the community they serve. Generally, LACs are established by county boards to review, evaluate and provide recommendations for how to improve mental health services in their communities. Counties, county boards and community leaders can use LACs to advise them on a range of mental health-related topics, such as improving their local mental health and county social services.

It is strongly suggested that the majority of LAC members, at least 51 percent, must be individuals with a lived experience of mental illness and family members of individuals with a lived experience.

Get Involved

Goodhue County Adult Mental Health Local Advisory Council

The Goodhue County Adult Mental Health LAC is launching and seeking members.

[Apply online](#) or download the [LAC application form](#) here.

If you have questions, contact, NAMI Southeast Minnesota, at (507) 287-1692 or email at nami-semn@namisemn.org.

[Local Advisory Council Job Description](#)



About Mental Illness

A mental illness is a medical condition that disrupts a person's thinking, feeling, mood, ability to relate to others and daily functioning.

[Learn More](#)

What is Recovery?

Recovery from serious mental illness is not only possible, but for many people living with mental illness today, probable. The notion of recovery involves a variety of perspectives.

[Learn More](#)

We're Here to Listen

In Crisis?

Call [Crisis Response](#) in southeastern Minnesota at [844-274-7472](tel:844-274-7472)

Call or text National Suicide & Crisis Lifeline at [988](tel:988)

Lifeline Chat: 988lifeline.org/chat

NAMI HelpLine: M-F 10 am – 10 pm ET

Call: [1-800-950-NAMI \(6264\)](tel:1-800-950-NAMI)

Text: [62640](tel:62640)

Chat: nami.org/help

Email: helpline@nami.org

[Local Advisory Councils - NAMI Southeast Minnesota](#)

[NAMI Southeast Minnesota: Mental Health Support, Education & Resources](#)

The screenshot shows the NAMI Southeast Minnesota website. The header includes the NAMI logo, navigation links for NAMI Walks, Become a Member, Contact Us, News, Newsletter, Volunteer Login, and a search icon. There are also buttons for 'Donate Now', 'In Crisis', and 'Select Language'. The main navigation menu includes Home, About Us, Your Journey, Resources, Get Involved, Calendar, Support & Education, and Program For Underrepresented Communities. The page title is 'Local Advisory Councils'. A menu on the left lists 'Homepage', 'About Us', 'Your Journey', and 'Resources', each with a plus sign. The main content area has a heading 'Local Advisory Councils' and a paragraph explaining that Local Mental Health Advisory Councils (LACs) offer individuals, family members and mental health service providers the opportunity to make a real difference in how mental health care is provided in their community. They also offer counties and state policy makers the wisdom of those who experience mental health concerns first-hand. Below this is a section titled 'About LACs'.