



YOUTH MENTAL HEALTH NAVIGATORS

Improving Mental Health—Together

Navigating timely access to mental health services by developing and maintaining relationships with school staff, families, and mental health professionals.

YOUTH MENTAL HEALTH NAVIGATORS (YMHN):

- Support students and families in navigating community resources to quickly access effective mental health support.
- Work directly with caregivers, providing education, advocacy, active listening, and any ongoing support needed for access to services.
- Develop relationships with community agencies/service providers.
- Provide continued support and communication between families, schools, and providers.

Available to youth and families living or attending school in Blue Earth, Le Sueur, Nicollet, and Waseca Counties.

Contact Information

2025-2026 Assignments

Mankato Area Public Schools:

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Cleveland, Janesville-Waldorf-Pemberton, Le Sueur-Henderson, N.R.H.E.G, Tri-City United, Waseca, & Waterville-Elysian-Morristown Public School Districts:

Christine Meeks, South Central Service Cooperative



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(507) 779-3385

Lake Crystal, Maple River, Nicollet, St. Clair, MVED, & St. Peter Public School Districts; Private- and Homeschool students:

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Program Support by:

**Greater Mankato Area
United Way**

Serving communities in Blue Earth, Le Sueur, Nicollet & Waseca Counties

