

## A PLACE TO CONNECT

Approximately 1 in 5 adults\* struggle with some form of mental illness.

You do not have to be alone in your struggle. At the Drop-in Center, you can meet with other people with similar struggles who support each other in a safe and caring environment. We are not a counseling or therapy service. Just a place you can go and engage in different activities and associate with people with similar situations.

## COPING WITH A MENTAL ILLNESS?

*You are not alone!*

Upward Bound is a mental health drop-in center where you can come and meet people who, like yourself are coping with mental illness.

**APPLY FOR  
MEMBERSHIP  
TODAY.**



COMMUNITY  
MENTAL HEALTH  
DROP-IN  
CENTER

**Upward Bound  
5th Street Express**

104 East 5th Street, Fairmont, MN

**1-507-238-9021**

[upwardbound@midconetwork.com](mailto:upwardbound@midconetwork.com)

**RIDES POSSIBLE!**





## ABOUT UPWARD BOUND 5TH STREET EXPRESS DROP-IN CENTER

The Drop-in Center is a non-profit organization for mental health consumers run by mental health consumers.

We have a board of directors made up of members who set general policies and plan and organize activities. All members are welcome to participate in the board meetings.

Not only is the Drop-in Center for you, you can be a major contributor to its direction and its success.

We are funded by the South Central Community Based Initiative\*\* who receives an annual grant from the State of Minnesota to serve the mental health needs in a 10 county region.

In addition to our activities we provide information and help accessing community, county and state resources for mental health consumers in the area.

We can answer questions on what resources are available and how to access them.

We have much to offer you and believe you have much you can offer us. Together we can help reduce stigmatism regarding mental health and help each other in the recovery process.

\*National Alliance on Mental Illness  
<https://www.nami.org>

\*\*<http://sccbi.info>

\*\*\*<http://5thstreetexpress.sccbi.info>

## SOME OF THE THINGS WE OFFER

- We have a large selection of craft and art supplies.
- We have a van for transportation.
- We often go to major sporting events.
- We go on trips to different and interesting locations.
- We participate in large gatherings with the South Central Community Based Initiative.\*\*
- We have a kitchen and regular meals.
- We have our own website.\*\*\*
- We have a safe environment to just hang out and relax.
- We have a large-screen TV.
- We have video & arcade games.
- We have computers with internet.
- We have a monthly newsletter.
- We have a place for you.
- **AND MUCH MORE!!!**