

Project RockSTARR



Mental Health America (MHA) is a powerful voice for healthy communities throughout the nation and offers information, referrals, and resources for individuals living with any type of mental illness. One of MHA's services includes online screening, which is one of the quickest and easiest ways to determine whether you are experiencing symptoms of a mental health condition. **Mental health conditions, such as depression or anxiety, are real, common and treatable. And recovery is possible.**

MHALA serves adults and transition age youth who are dealing with mental health needs and do not have financial resources, including Veterans and people who are homeless.



National Alliance on Mental Illness

NAMI is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. Your local NAMI Affiliates and volunteer leaders work in communities across the country to raise awareness and provide essential and free education, advocacy, and support group programs.

NAMI Westside Los Angeles offers free education programs along with support, guidance, and hope for the growing number of Angelenos affected by mental health conditions.

MHA of Los Angeles
200 Pine Avenue
Long Beach, CA 90802-4052
Phone: (562) 285-1330
<http://mhala.org/>



Depression and Bipolar Support Alliance (DBSA) changes lives, saves lives and impacts lives, through education, peer support groups and advocacy for those diagnosed with a mental health illnesses and empowers their family and friends to embrace their independence, advocate for improved services, and to love them for who they are.

The DBSA City of Angels is a locally-run, independent affiliate of the National DBSA and offers peer-led support groups providing a place where people with mood disorders and those who care about them can share experiences, discuss wellness skills, and offer hope to one another. We've been there. We can help.

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