

Project RockSTARR



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 Durham and NAMI Orange County are the local affiliates of the National Alliance on Mental Illness (NAMI), a national nonprofit organization, and NAMI North Carolina. We share the same mission: promote recovery and optimize the quality of life for those affected by mental illness and advocacy on behalf of individuals with mental illness and their families.

NAMI Durham

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NAMI Orange County, NC

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Mental Health America

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.**

Mental Health America of the Triangle is a part of Stigma Free Carolina, a UNC community campaign, initially conceived by members of the Royster Society of Fellows, aimed at reducing stigma toward mental health concerns and treatment. By accurately defining mental health, educating the community, and dispelling negative or false beliefs about mental health and its treatment we can help everyone be their best selves and reach their full potential.

MHA of the Triangle

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[www.stigmfree.unc.edu/mental-](http://www.stigmfree.unc.edu/mental-health-america-of-the-triangle/)

[health-america-of-the-triangle/](http://www.stigmfree.unc.edu/mental-health-america-of-the-triangle/)



improved services, and to love them for who they are.

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

DBSA Triangle Comfort Zone II Support Group provides FREE and CONFIDENTIAL support groups for individuals living with, or family and friends affected by, depression and bipolar disorders. Support is essential to recovery. One of the most helpful things one person can say to (or hear from) another is "I've been there." Depression and bipolar disorder can be isolating illnesses, but DBSA has many ways to help connect you with others who have been there as well.

DBSA Triangle Comfort Zone Support Group

Chapel Hill, NC

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