

Project RockSTARR



THE OHIO STATE
UNIVERSITY

Ohio State University



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.

MHA Ohio supports the Central Ohio community by offering mental health services that may not otherwise be accessible. We believe in inclusivity and work with ALL individuals and their families through each step on the path to wellness, from making initial referrals, to providing free mental health services, to helping maintain stability and productivity once they are achieved.

MHA of Ohio
2323 West Fifth Avenue,
Suite 160
Columbus, OH 43204
Phone: (614) 221-1441
<http://mhaohio.org>



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 Franklin County provides education classes and support groups. We offer local expertise, help, and hope in navigating the challenging path of mental health treatment and recovery, and we advocate for policies and programs that improve the lives of everyone affected by mental health challenges.

NAMI Franklin County (OH)
1225 Dublin Rd, Suite 110
Columbus, OH 43215
Phone: (614) 501-6264
Email: mail@namifc.org
www.namifranklincounty.org



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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.

DBSA San Diego is a peer-run community of people with mood challenges and their friends and families. Our community is dedicated to support and empower by providing a safe and compassionate peer to peer support groups.

DBSA San Diego

El Cajon (Paradise East), CA

Email:

kel.san.diego@gmail.com

Kel: (619) 828-0083

www.dbsasandiego.org