

Project RockSTARR



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-NYC helps families and individuals affected by mental illness build better lives through education, support, and advocacy. We are still here for you. Our Helpline, our Support Groups, and our Classes... They're available by phone and video.

NAMI New York City Metro
505 8th Ave.
New York, NY 10018-4541
Phone: (212) 684-3264
Email: admin@naminyc.org
www.namincymetro.org



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.**

The Mental Health Association of Nassau County (MHANC) is dedicated to improving mental health in our community through advocacy, education, program development and the delivery of direct services. The MHANC seeks to collaborate with other providers to continuously benefit the community.

Vibrant Emotional Health works to help save lives and assist people to get care anytime, anywhere and in any way that works for them. We are unwavering in our belief that everyone can achieve emotional wellness with the right care and support.

MHA of Nassau County
16 Main St
Hempstead, NY 11550
Phone (516) 489-2322
www.mhanc.org

Vibrant Emotional Health
50 Broadway, 19th Floor
New York, NY 10004
Phone (800) 543-3638
www.mhaofnyc.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 Mood Disorders Support Group of NY (MDSG-NY) is a non-profit 501(c)(3) self-help, peer run organization. Since 1981, we have been supporting individuals with mental health problems such as depression and bipolar disorder as well as their families and loved ones.

DBSA MDSG New York
New York, NY 10163
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<http://www.mdsg.org/>

