

# 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 Temecula Valley provides education classes and support groups at no cost to participants. 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 Temecula Valley**  
Phone: (951) 672-2089  
Email: [info@namitv.org](mailto:info@namitv.org)  
[www.namitv.org](http://www.namitv.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.**

MHA of San Diego County (MHASD) was founded in 1942 as the first mental health advocacy organization in San Diego County. MHASD brings together clients, families, professionals, providers, community leaders, and the public to collaborate, cooperate, and ensure available affordable care to all citizens. Over the years, MHASD has offered numerous programs and services focused on the following four areas: Advocacy, Education, Services, and Research.

**MHA of San Diego County**  
4069 30th St  
San Diego, CA 92104-2601  
Phone: (619) 543-0412  
<https://mhasd.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.

DBSA Temecula's support group members struggle with many types of mood disorders at varying levels of severity. Many of us also deal with other diagnoses, including obsessive-compulsive disorder, generalized anxiety disorder, social phobia, post traumatic stress disorder, schizophrenia, and addictions to food, alcohol, drugs, gambling, and spending. We've been through a great deal, and we join together weekly to put our collective knowledge to use in supporting and encouraging one another.

**DBSA Temecula**  
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