

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 DuPage was founded by a group of parents in 1985 as an affiliate of NAMI National, dedicated to improving the quality of lives of people affected by mental illnesses. These parents were looking for services for their children who had been diagnosed with mental illnesses. By joining forces, they thought they could advocate for improved services. NAMI DuPage has grown from this small handful of people to an organization of over 1,000 members and has become one of the largest and most innovative of 1200 affiliates nationwide.

NAMI DuPage

115 North County Farm Rd
Wheaton, IL 60187
Phone: (630) 752-0066
Email: il@namidupage.org
www.namidupage.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.**

Since 1909, Mental Health America of Illinois (MHAI) has worked to promote mental health, prevent mental illnesses and improve the care and treatment of people suffering from mental and emotional disorders. Our three main focus areas are to educate, to advocate and to inform. As supporters, we know that mental health is vital to overall well-being and that countless people remain silent sufferers to diseases that cannot be seen.

MHA of Illinois

1103 Westgate St, Suite 302
Oak Park, IL 60301
Phone (312) 368-9070
www.mhai.org/

MHA of the North Shore

2100 Ridge Ave Ste G204
Evanston, IL 60201-2282
Phone (847) 328-6198
<http://mhans.org/>
www.mhanational.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 offers peer-based, wellness-oriented support and empowering services and resources available when people need them, where they need them, and how they need to receive them—online 24/7, in local support groups, in audio and video casts, or in printed materials distributed by DBSA, our chapters, and mental health care facilities across America.

DBSA Aurora

Aurora, IL
Tel: (331) 256-7157
Email: gayleshaner@yahoo.com

DBSA Winfield Support Group

Winfield - a support group of the DBSA
Aurora Chapter, IL
Tel: (630) 393-9131
Email: Bobbendorf@att.net

DBSA West Suburban Chicago

Downers Grove, IL
Tel: (630) 960-0028
Email: dbsawest@gmail.com
<https://www.dbsawest.org/>

