

# Project RockSTARR



**ACTIVMED**  
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Studying Tomorrow's Treatments Today



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 Seacoast offers information and resources for individuals living with mental health illnesses.

**NAMI Seacoast Mental Health Center**  
111 Eastwood Drive  
Portsmouth, NH 03801  
Phone: (603) 427-1768  
Email: info@naminh.org  
www.naminh.org



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 (MHA) is the nation's leading community-based nonprofit dedicated to addressing the needs of those living with mental illness and promoting the overall mental health of all. MHA's work is driven by its commitment to promote mental health as a critical part of overall wellness, including prevention services for all; early identification and intervention for those at risk; integrated care, services, and supports for those who need them; with recovery as the goal

**Massachusetts Association for Mental Health (MAMH)**  
50 Federal Street, 6th Floor  
Boston, MA 02110  
Phone: (617) 742-7452  
[www.mamh.org/](http://www.mamh.org/)

**Mental Health America National**  
500 Montgomery St, Suite 820  
Alexandria, VA. 22314  
Phone (703) 684.7722  
Toll Free (800) 969.6642  
<https://www.mhanational.org/>



Depression and Bipolar Support Alliance

**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 Nashua was started in March of 2003. The group was started to promote Mental Health awareness in the community, to help reduce the stigma associated with Mental Health Disorders, and to give those with Mental Health Disorders a safe place to meet so that they might benefit from the support and understanding of those who have walked in their shoes.

**DBSA Nashua**  
Nashua, NH  
Tel: (603) 888-2141  
Email: amanda@dbsanashua.org  
<http://www.dbsanashua.org/>

