

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.

At NAMI Greater Boston we join together to share our lived experiences with mental health challenges. If you or your loved one feels overwhelmed by these challenges, we can help.

NAMI Greater Boston
The Schrafft Center
529 Main Street, Suite 1M17
Boston, MA 02129
Phone: (617) 580-8541
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www.namigreaterboston.org
www.namimass.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 Affiliate, **Massachusetts Association for Mental Health (MAMH)** has worked to improve understanding of mental health conditions and combat disparities in health services access. We envision a day when all individuals and families across the Commonwealth have the resources they need to promote resilience and protect overall health.

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Massachusetts Association for Mental Health (MAMH)
50 Federal Street
6th Floor
Boston, MA 02110
Phone: (617) 742-7452
www.mamh.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 Boston (formerly known as MDDA-Boston) is a non-profit, self-help support organization run by volunteers, for people diagnosed or who feel they have or experienced mood disorders such as depression and bipolar disorder, and for family and friends. DBSA members come together to support each other and share information with others who are in similar situations. Mood disorders impact millions of people and their families and friends every year. Coping with these disorders is difficult enough, but coping alone can be even tougher.

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