

Project RockSTARR



California Pharmaceutical Research Institute

 <p>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.</p> <p>NAMI Long Beach offers free education programs along with support, guidance, and hope for those in the Long Beach Area, Southwest Los Angeles County living with mental health illnesses. We are here to help with peer-based support, grounded in the approach that "we know what it is like, and we have been there."</p>	<p>NAMI Long Beach 5230 Clark Avenue, Suite 2 Lakewood, CA 90712 Phone: (562) 435-2264 Email: nami@namilongbeach.org www.namilongbeach.org</p>
 <p>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.</p> <p>MHALA serves adults and transition age youth who are dealing with mental health needs and do not have financial resources, including Veterans and people who are homeless.</p>	<p>MHA of Los Angeles 200 Pine Avenue Long Beach, CA 90802 Phone: (562) 285-1330 https://mhala.org/</p>
 <p>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.</p> <p>DBSA-OC has touched the lives of thousands of patients, their families and the general public through support groups, monthly educational meetings, quarterly newsletters, a staffed resource center with a lending library and ever increasing visibility in the community. The chapter now runs many support groups throughout Orange County that serve patients and family members as well as the under-served dual diagnosis, and Vietnamese and Spanish speaking communities.</p>	<p>DBSA Orange County, CA Huntington Beach, CA Email: dbsaoc@hotmail.com Bipolar Resource Center: (714) 744-8718 Jennifer Perrault: jenperr1958@aol.com www.dbsaoc.org</p>

