



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 Montgomery County, MD serves residents across our county with free mental health support groups, classes, presentations, and resources. Please reach out for support, educational materials, advocacy questions and concerns, to share your story, or with any other general question or concern.

NAMI Montgomery County
 9210 Corporate Blvd Ste 170
 Rockville, MD 20850-6225
 Phone: (301) 949-5852
 Email: info@namimc.org
www.namimc.org

www.namimd.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 Frederick County builds a strong foundation of emotional wellness for the whole community by preparing resilient children, securing vulnerable families and standing with people to face crises together. Through education, advocacy, empowerment, and treatment, MHA helps everyone face their challenges and make lasting positive changes.

MHA of Frederick County
 226 South Jefferson St.,
 Frederick, MD 21701
 Phone (301) 663-0011
<https://fcmha.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.

Members and family of **DBSA National Capital Area** come together to form our regional chapter, focusing on support from family members of people with mood disorders and offering a support group, which meets twice a month (see the [calendar](#) for the times and location), as well as a website, educational programs, and other services..

DBSA National Capital Area
 Rockville, MD
 Tel: (301) 299-4255
 Email: hello@dbsanca.org
www.dbsanca-family.org