



6401 Poplar Ave., Suite 420, Memphis, TN 38119 Phone: (901) 843-1045

COMMUNITY SUPPORT RESOURCES

NAMI Memphis

Phone: (901) 725-0305

Email: info@nami-memphis.org

www.nami-memphis.org

NAMI Memphis is a community network of support for anyone affected by mental health conditions – individuals and their family, friends and caregivers. We are dedicated to improving the quality of life for individuals and supporting families affected by mental illness through education, support and advocacy. Our vision is that individuals living with mental illness can recover, and lead productive and meaningful lives. We want to ensure that no one in the Memphis area who is living with mental illness is alone in their journey to recovery and mental health wellness. We believe it's okay to ask for help! Our services are free for all, and all are welcome.

DBSA Memphis

P.O. Box 241842

Memphis, Tn. 38124

Tel: (901) 319-6467

Email: dbsamemphis@gmail.com

www.dbsaofmemphis.org

At **DBSA Memphis**, we strive to make mental health mainstream in hopes of taking away the stigma that comes from the admission of having a mental illness, as well as helping each other in times of need. This disease effects the families as well as the patient themselves and we strive to not only educate the patient but the family as well. Some of our goals are:

- Provide the opportunity to connect with others and benefit from the experience of those who have been there.
- Motivate you to follow your treatment plan.
- Help you understand that a mood disorder does not define who you are.
- Help you rediscover strengths and humor you may have thought you had lost.
- Provide a forum for mutual acceptance, understanding, and self-discovery.

Mental Health America (MHA) of the MidSouth

446 Metroplex Drive, Suite A-224

Nashville, TN 37211

Phone (615) 269-5355

<https://mhamidsouth.org>

MHA of the MidSouth (formerly known as Mental Health Association of Middle Tennessee) was founded in 1946 with the mission to connect the community with mental health and wellness resources, provide services that improve the quality of life, and promote effective services where mental health needs exist. Over the years, the MHA of the MidSouth has worked diligently to educate all members of our community about how to attain good mental health. We share our message of hope for mental wellness to thousands of individuals annually.

