

# 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.

NAMI Wake County provides support, education, & advocacy to those affected by mental health challenges to create a community where mental health is valued.

**NAMI Wake County**  
 PO Box 12562  
 Raleigh, NC 27605  
 Phone: (919) 848-4490  
 Email: admin@nami-wake.org  
 www.nami-wake.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 of Eastern Carolinas (MHAEC) offers programs and services to help prevent mental health conditions, identify mental health conditions early, intervene with evidence based practices, integrate behavioral health care with physical care, and achieve recovery for citizens across Eastern Carolina.

**Mental Health America of Eastern Carolinas**  
 150 E Firetower Rd  
 Suite A - Office 105  
 Winterville, NC 28590  
 Phone: 252-368-6472  
<https://mhaec.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 Triangle Comfort Zone is a peer-run community of people with mood challenges and their friends and families. Our community is dedicated to support and empower by providing a safe and compassionate peer to peer support groups.

**DBSA Triangle Comfort Zone**  
 Chapel Hill, NC  
 Email:  
 dbsachapelhill@gmail.com  
 Richard: (919) 533-9510



JOSH'S HOPE

**Josh's Hope Foundation** bridges the gaps for young adults with mental illness. We serve residents of Central North Carolina, ages 18-35 who live with mental health conditions and/or struggle with a substance disorder. We provide vocational skills, job preparedness, independent life skills and therapeutic supports customized to meet the individual needs of participants.

**Josh's Hope Foundation**  
 Durham, NC 27722  
 Phone: 919-245-0072  
[www.joshshopefoundation.org](http://www.joshshopefoundation.org)

