

# Project RockSTARR



## CENTRAL STATES RESEARCH



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 Tulsa was formed in the early days of 1989 as TAMI (Tulsa Assoc. on Mental Illness). Today, NAMI Tulsa is heavily focused on education, support groups, public policy, training, and we have developed lasting relationships with many local, state, and national agencies for the betterment of the care of our mentally ill.

### **NAMI Tulsa**

708 S Boston Ave  
Tulsa, OK 74119-1600  
Phone: (918) 587-6264  
Email: [nami-tulsa@sbcglobal.net](mailto:nami-tulsa@sbcglobal.net)  
<http://namitulsa.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.

MHA supports communities by providing information and through our regional affiliates and support groups. We believe in inclusivity and work with ALL individuals and their families through each step on the path to wellness, from making initial referrals, to providing free mental health services, to helping maintain stability and productivity once they are achieved.

### **MHA Oklahoma**

5330 East 31st St, #1000  
Tulsa, OK 74135  
Phone (918) 585-1213  
<https://mhaok.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 has support groups in most states, as well as peer-based, wellness-oriented support and empowering services and resources available when people need them, where they need them, and how they need to receive them—online 24/7, in local support groups, in audio and video casts, or in printed materials distributed by DBSA, its chapters, and mental health care facilities across America.

### **DBSA**

55 E Jackson Blvd, Suite 490  
Chicago, IL 60604  
Phone: (800) 826-3632  
[www.dbsalliance.org/](http://www.dbsalliance.org/)