




# Project RockSTARR



 <p><b>NAMI</b> National Alliance on Mental Illness</p>	<p><b>NAMI</b> 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 Ruston is a nonprofit organization of families, friends, professionals, and people suffering from a mental or emotional disorder. NAMI Ruston promotes collaboration with local, state, and national organizations to provide education, advocacy, research, legislation, and increased funding support.</p>	<p><b>NAMI Ruston</b> PO Box 1585 Ruston, LA 71273-1585 Phone: (318) 247-3982 Email: <a href="mailto:jerrilene.washington@yahoo.com">jerrilene.washington@yahoo.com</a> <a href="http://www.namiruston.org">www.namiruston.org</a></p>
 <p><b>MHA</b> Mental Health America</p>	<p><b>MHA</b> 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. <b>Mental health conditions, such as depression or anxiety, are real, common and treatable. And recovery is possible.</b></p>	<p><b>MHA National Office</b> 500 Montgomery Street, Suite 820 Alexandria, VA 22314 Phone: (703) 684.7722 <a href="http://www.mhanational.org">www.mhanational.org</a></p>
 <p><b>DBSA</b></p>	<p><b>Depression and Bipolar Support Alliance (DBSA)</b> 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 offers 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, our chapters, and mental health care facilities across America.</p> <p>There are DBSA Support Groups in New Orleans and Baton Rouge. Please check the site for a group near you.</p>	<p><b>DBSA National Office</b> 55 E Jackson Blvd, Suite 490 Chicago, IL 60604 Phone: (800) 826-3632 Email: <a href="mailto:programs@dbsalliance.org">programs@dbsalliance.org</a> <a href="http://www.dbsalliance.org">www.dbsalliance.org</a></p>