

Project RockSTARR



Capstone

CLINICAL 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 Lake County Illinois is dedicated to improving the quality of life for persons affected by mental illnesses, such as schizophrenia, anxiety, bipolar disorder, obsessive compulsive disorder, PTSD, and depression. NAMI Lake County Illinois is affiliated with NAMI National and NAMI Illinois, giving its members support, education and advocacy at three levels: local, state and national. Our mission is to provide support, education, advocacy, and resources to those who suffer from neurobiological brain disorders – including their families. Meetings are open to the public.

NAMI Lake County Illinois
 c/o Living Faith United Methodist Church
 414 N McAree Rd
 Waukegan, IL 60085
 Phone: (847) 249-1515
 Email: namisupport@hotmail.com
 www.namilake-il.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.**

Mental Health America of the North Shore raises awareness and reduces stigma through education and advocacy to promote mental wellness throughout our community.

MHA of the North Shore
 2100 Ridge Ave Ste G204
 Evanston, IL 60201-2282
 Phone (847) 328-6198
<http://mhans.org/>
www.mhanational.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 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.

DBSA Arlington Heights is the local chapter of DBSA. We just celebrated our 12th year anniversary in October and have successfully started five targeted peer-led support groups including our Young Adults Group and Parents Group. The resources of our groups have served nearly 2,500 persons.

DBSA Arlington Heights
 Arlington Heights
 Tel: (847) 495-2574
 Email: dbsa.arlhts@gmail.com
<http://www.arlingtonheightsdepressionbipolarsupport.com/index.html>
www.dbsalliance.org

