

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 Snohomish County offers information and resources for individuals living with mental health illnesses. The families and members of NAMI Snohomish County are here to help! We work to improve the lives of people affected by mental illness by providing education and support to people living with mental illness and to their families, by advocating for better laws and increased funding for mental health services, and by increasing public awareness and reducing the stigma of mental illness.

NAMI Snohomish County
Everett, WA

Phone: (425) 339-3620
nami.snohomish.county@gmail.com
<http://www.namisnohomishcounty.org>



Mental Health America

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
National**

500 Montgomery St, Suite 820
Alexandria, VA. 22314
Phone (703) 684.7722
Toll Free (800) 969.6642
<https://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 Greater Seattle was formed as an independent group in 1972 and later became affiliated with the Depression and Bipolar Support Alliance (formerly National DMDA), making it the oldest local chapter in the nation. The group meets twice a month and is open to all persons with depression or bipolar disorder (manic depression) and their friends and family. Our mission is to provide a safe and confidential environment in which to focus on issues and information related to depression and bipolar disorder (manic depression) as well as create a stable community of support for those with symptoms, their friends, and families in the Seattle area.

DBSA Greater Seattle
Seattle, WA

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