

Project RockSTARR



Finger Lakes
Clinical Research
MEDICINE, MOVING FORWARD



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 of Rochester/Monroe Counties, Inc.

320 North Goodman St,
Suite 202
Rochester, NY 14607
Phone (585) 325-3145
www.mharochester.org



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 NY offers information and resources for individuals living with mental health illnesses.

NAMI Finger Lakes

1321 Danby Rd
Ithaca, NY 14850-9408
Phone: (607) 273-2462
www.namifingerlakes.org
www.naminys.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.

Depression and Bipolar Disorder can be isolating illnesses, but DBSA peer to peer support groups can help you connect with others who have been there as well. Visit a DBSA support group and get the support that is essential to recovery.

DBSA Central New York DBSA Pittsford Support Group

Email:
jpmcmnamenin@gmail.com
www.dbsacentralnewyork.org

