



**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 disorders.

**NAMI Finger Lakes**  
1321 Danby Rd  
Ithaca, NY 14850-9408  
Phone: (607) 273-2462  
[www.namifingerlakes.org](http://www.namifingerlakes.org)  
[www.naminys.org](http://www.naminys.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.**

**MHA of Rochester/  
Monroe Counties, Inc.**  
320 North Goodman St,  
Suite 202  
Rochester, NY 14607  
Phone (585) 325-3145  
[www.mharochester.org](http://www.mharochester.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:  
[jpmcmcmenamin@gmail.com](mailto:jpmcmcmenamin@gmail.com)  
[www.dbsacentralnewyork.org](http://www.dbsacentralnewyork.org)



**Active Minds** empowers students to change the perception about mental health on college campuses. Active Minds supports a network of campus-based chapters across the United States and Canada that are made up of students passionate about mental health advocacy and education. Chapters provide their campuses with a wide range of programming that educates their peers about mental health, connects students to resources, and aims to change negative perceptions about mental health disorders. Active Minds chapters are changing the way students address mental health and giving a voice to this important issue. Learn more at [www.activeminds.org](http://www.activeminds.org)

**Ithaca College**  
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**Ithaca High School**  
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**Finger Lakes Community College**  
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