

# Project RockSTARR



Global Medical Institutes

Since 1989



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 PA, Scranton Area Chapter is a community network of support for anyone affected by mental health conditions – individuals and their family, friends and caregivers. We are dedicated to improving the quality of life for individuals and supporting families affected by mental illness through education, support and advocacy. Our vision is that individuals living with mental illness can recover and lead productive and meaningful lives. Our services are free for all, and all are welcome.

## **NAMI PA - Scranton Area Chapter**

846 Jefferson Avenue  
Scranton, PA 18510  
Phone: (570) 342-1047

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<https://www.naminepa.org/>



**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.**

The Greater Reading Mental Health Alliance (GRMHA) was founded in 1955 to promote mental health education and wellness, as well as provide the area's residents with active adult and child advocacy on an individual and system-wide basis. Greater Reading Mental Health Alliance is a non-profit organization dedicated to promoting mental health recovery and wellness for children and adults through advocacy, education and support services.

## **Greater Reading Mental Health Alliance**

1234 Penn Avenue  
Wyomissing, PA 19610  
Phone (610) 775-3000  
<https://grmha.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 Pocono Mountain provides FREE and CONFIDENTIAL support groups for individuals living with, or family and friends affected by, depression and bipolar disorders. Support is essential to recovery. One of the most helpful things one person can say to (or hear from) another is "I've been there." Depression and bipolar disorder can be isolating illnesses, but DBSA has many ways to help connect you with others who have been there as well.

## **DBSA Pocono Mountain**

East Stroudsburg, PA  
Tel: (570) 476-3422  
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