

# Project RockSTARR



HARMONEX  
Neuroscience 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 Alabama provides support, education, and advocacy for persons with mental illnesses, their families, and others whose lives are affected by mental health disorders. Please check our site for the closest regional support group.

## NAMI Alabama

1401 I-85 Parkway, Suite A  
Montgomery, AL 36106  
Phone: 334-396-4797  
Email:  
kemerson@namialabama.org  
www.namialabama.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 in Montgomery promotes mental health through education, prevention, research, advocacy and empowerment. Mental health services include information, education, and peer-led support groups.

## MHA in Montgomery

1116 S Hull St  
Montgomery, AL 36104  
Phone (334) 262-5500  
<http://mha-montgomery.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 National Office

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Chicago, IL 60604  
Phone: (800) 826-3632  
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