# Project RockSTARR







**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 Broward County offers free education programs along with support, guidance, and hope for those in the Broward County/Fort Lauderdale Florida region living with mental health illnesses.

NAMI Miami-Dade County is a community network of support for anyone affected by mental health conditions – individuals and their family, friends and caregivers. Our services are free for all, and all are welcome.



MHA is a powerful voice for healthy communities throughout the nation and offers information, referrals, and resources for individuals living with Mental Health America any type of mental illness. One of MHA's services

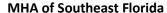
includes online screening, which is one of the quickest and easiest ways to determine whether you are experiencing symptoms of a mental health condition. Mental health conditions, such as depression or anxiety, are real, common and treatable. And recovery is possible.

### **NAMI Broward County, Inc.**

4161 NW 5 St, Suite 203 Plantation, FL 33317 Phone: (954) 316-9907 Email: namibroward@gmail.com www.NAMIBroward.org

### **NAMI Miami-Dade County**

299 Alhambra Circle Suite 224 Miami, FL 33134 Phone: (305) 665-2540 Email: programs@namimiami.org http://NAMIMiami.org



7145 West Oakland Park Blvd Lauderhill, FL 33313 Phone: (954) 746-2055 www.mhasefl.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 South Florida is a locally-run, independent affiliate of the National DBSA and offers peer-led support groups providing a place where people with mood disorders and those who care about them can share experiences, discuss wellness skills, and offer hope to one another. We've been there. We can help.

## **DBSA South Florida**

Coral Gables, FL Email: : dbsamiami@gmail.com http://dbsasouthflorida.org/



