

Project RockSTARR



IPS RESEARCH
Discovering Better™



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 Greater OKC is a local affiliate of NAMI providing support to those with serious mental illness, such as schizophrenia, bipolar disorder, clinical depression and anxiety disorders and their family members. We offer a variety of free support groups, education programs, information and referral, and advocacy. Volunteer peers and family members provide almost all of the services at NAMI Greater OKC.

NAMI Greater OKC

P.O. Box 5304

Edmond, OK 73083

Phone: (405) 408-0886

Email: edmond.nami@gmail.com

www.namiedmond.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.**

Mental Health America Oklahoma (MHAOK) is an affiliate of Mental Health America, the country's leading organization dedicated to helping all people live mentally healthier lives. We support Oklahoma community by guiding people to mental health services that may not otherwise be accessible. We believe in inclusivity and work with ALL individuals and their families through each step on the path to wellness, from making initial referrals, to providing free mental health services, to helping maintain stability and productivity once they are achieved.

Mental Health America Oklahoma

400 North Walker, Suite 190

Oklahoma City, OK 73102

Phone: 918.585.1213 and

405.943.3700

<https://mhaok.org/>



improved services, and to love them for who they are.

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

DBSA OKC 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 Oklahoma City Northside

Email: dbsaokcity@gmail.com

Danny Stone: (405) 812-4580

www.dbsaok.org

DBSA Midwest City

Oklahoma City, OK

Jimmy Roberts: (405) 600-7305

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