

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 Colorado Springs 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 Colorado Springs.

NAMI Colorado Springs
 510 E Willamette Ave
 Colorado Springs, CO 80903
 Phone: (719) 473-8477
 Email: info@namicos.org
www.namicoloradosprings.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.**

Mental Health Colorado, the state MHA affiliate, advocates for every Coloradan who experiences a mental health or substance use condition each year. We engage policymakers, providers, the public, and the press to promote mental wellness, ensure equitable access to mental health and substance use care, and end stigma and discrimination.

Mental Health Colorado
 1120 Lincoln St, Suite 1606
 Denver, Colorado 80203
 Phone: 720.208.2220
<https://www.mentalhealthcolorado.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 Colorado Springs 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 Colorado Springs
 Colorado Springs, CO

Email:
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Later Life Contact: Miles Lewis:
 (719) 477-1515

Women Only Contact: Marissa Valdez: (719) 477-1515

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