

Project RockSTARR



Medical Research Group of Central Florida



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 of East Central Florida provides programs and services that support persons with mental illnesses, their families and friends and the community with needed information, referrals and resources. Our programs also support the acceptance of people with mental illness into our communities through increasing awareness and the reduction of stigmas surrounding mental illnesses.

MHA of East Central Florida
531 South Ridgewood Ave.
Daytona Beach, FL 32114
Phone: (386) 252-5785
<http://mhavolusia.org>



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 Orlando offers free education programs along with support, guidance, and hope for those affected by mental health illnesses in Orange, Osceola, and Seminole Counties.

NAMI Greater Orlando
Phone: (407) 253-1900
Email:
information@namigo.org
www.namigo.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 Central 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 Central Florida
Deltona, FL
Email: info@dbsacfl.org
www.dbsacfl.org

