

# 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-NYC helps families and individuals affected by mental illness build better lives through education, support, and advocacy. We are still here for you. Our Helpline, our Support Groups, and our Classes... They're available by phone and video.

## NAMI New York City Metro

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[www.naminycmetro.org](http://www.naminycmetro.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.**

Formerly the Mental Health Association of New York City (MHA-NYC), Vibrant Emotional Health delivers services and support through our crisis care tools, local community service programs, and our advocacy and education work. **We provide people with emotional support and care when, where, and how they need it.** We run innovative community programs for people at all stages of life, and state-of-the-art crisis lines like the National Suicide Prevention Lifeline. Our advocacy and education work strives for systemic change. This hands-on experience gives us a unique understanding of the issues people face every day.

## Vibrant Emotional Health

50 Broadway, 19th Floor

New York, NY 10004

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[www.mhaofnyc.org](http://www.mhaofnyc.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 has support groups in most states, as well as 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, its chapters, and mental health care facilities across America.

The Mood Disorders Support Group of NY (MDSG-NY) is a non-profit 501(c)(3) self-help, peer run organization. Since 1981, we have been supporting individuals with mental health problems such as depression and bipolar disorder as well as their families and loved ones.

## DBSA MDSG New York

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## DBSA National Office

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