

Project RockSTARR



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 Polk County provides advocacy, education, support, and public awareness so that all individuals and families affected by mental illness can build better lives. Our volunteers and members have been personally affected by mental health. We are here to help others, like we were helped – peer-based support is grounded in the approach that “we know what it is like, and we have been there.”



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.**

The MHA in Indian River County is a non-profit organization dedicated to providing immediate access with no barriers to mental health care. That's what we are here for.



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 of Tampa Bay 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.

NAMI Polk County
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DBSA of Tampa Bay
4 Meeting Locations
in the Tampa Area
Email:
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