

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 Denver is a local, all volunteer, non-profit organization of individuals, families and/or friends living with serious mental illnesses. It is a grassroots group open to all area residents desiring to work together on behalf of those who have a mental illness and to help their families support those living with mental illness. NAMI Denver offers several services to help its members navigate the challenges of either living with a mental illness or having a family member who has a mental illness.

NAMI Denver
Phone: (303) 504-6545
Email: namidenver@gmail.com
www.namidenver.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
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.

At DBSA Denver, we are an adult support group for individuals dealing with bipolar or depression issues. Anyone is welcome, as long as you are not suicidal, and you are taking your medications according to your doctor's instructions. We are a non-denominational faith based group. We accept the diversity of our racial, sexual, religious, cultural and disorder differences. Our group is peer led, meaning we are not credentialed professionals. We don't need to know if you are going to attend, so all you need to do is to show up. We've been there. We can help.

DBSA Denver
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