

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.

For the past 10 years NAMI Urban Greater Cincinnati Network on Mental Illness has held events during July to celebrate Bebe Moore Campbell National Minority Mental Health Awareness month. This year, due to COVID-19, we've decided to launch a virtual challenge to collect 100,000 blue hearts in support of minority mental health. Please join us in supporting our important work!

NAMI Urban Greater Cincinnati

PO Box 317792
Cincinnati, OH 45231-7792
Phone: (513) 238-7788
Email: nami@ugcnomi.org
www.ugcnomi.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.

MHANKYSWOH provides free unbiased reliable information and referrals to physicians, agencies, and other providers. Our goal is for you to be mentally well and substance abuse free so that you can participate fully in a caring community and achieve your full potential. Our vision focuses on recovery and self-determination. It emphasizes the importance of peer support and focuses on the person.

MHA of Northern Kentucky and Southwest Ohio

2400 Reading Road
Cincinnati, OH 45202
Phone: (513) 721-2910
www.mhankyswoh.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 offers 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, our chapters, and mental health care facilities across America.

There are several local Ohio DBSA Support Groups. Please check the site for a group near you.

DBSA National Office

55 E Jackson Blvd, Suite 490
Chicago, IL 60604
Phone: (800) 826-3632
Email:
programs@dbsaleance.org
www.dbsalliance.org

