

# 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 Greater Cleveland is a local affiliate of NAMI with peer, family, professional and organizational members. We provide support to those with serious mental illness, such as schizophrenia, bipolar disorder, clinical depression and anxiety disorders and their family members. We offer a variety of free support groups, education programs, information and referral, and advocacy. Volunteer peers and family members provide almost all of the services at NAMI GC.

#### **NAMI Greater Cleveland**

Phone: (216) 875-7776

Email: [cmignogna@namicleveland.org](mailto:cmignogna@namicleveland.org)

[www.namigreatercleveland.org](http://www.namigreatercleveland.org)



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.**

#### **MHA of Ohio**

2323 West Fifth Ave, Ste 160

Columbus, OH 43204

Phone (614) 221-1441

<http://mhaohio.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

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