

Project RockSTARR



Oregon Center for Clinical Investigations (OCCI) -- Portland, OR



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 of Multnomah County is a local affiliate of NAMI providing 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.

NAMI of Multnomah County

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<http://namimultnomah.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 Portland has two peer mental health support groups for adults:

- DBSA Portland Eastside—meets every Thursday, 7 to 8:30 pm at Portland Providence (see flyer for further details) and DBSA Portland LGBTQ. This meeting is peer led and attendance ranges from 10 to 18 people.
- DBSA Support group for people who identify as LGBTQ—meets every Monday night, 7 to 8:30 pm at Q Center, 4115 N Mississippi, Gallery Room, Portland, OR 97217. This meeting is also peer led and attendance ranges from 8 to 15 people.

DBSA West Portland

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DBSA Portland Eastside

Email: dbsaortlandeastside@gmail.com
Jean Duncan: (971) 801-2174

