

# Project RockSTARR



 <p><b>NAMI</b> 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.</p> <p>NAMI Utah is Utah's voice on mental illness. Our mission is to ensure the dignity and improve the lives of those who live with mental illness and their families through support, education and advocacy. We are a grassroots organization that was started in 1988. Our greatest strength is the dedication of the family members and individuals living with mental health conditions who teach our classes, lead our support groups, and advocate in their communities. Through our lived experiences we are able to offer help, hope, and healing to people whose lives are affected by these conditions.</p>	<p><b>NAMI Utah Salt Lake</b>          1600 2200 South          West Valley City, UT 84119          Phone: (385) 246-5931          Email: robin@namiut.org  <a href="http://www.namiut.org/about/affiliates/item/15-salt-lake-affiliate">www.namiut.org/about/affiliates/item/15-salt-lake-affiliate</a></p> <p><b>NAMI Utah</b>          Phone: (801) 224-0591  <a href="https://namiut.org">https://namiut.org</a></p>
 <p><b>MHA</b> 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. <b>Mental health conditions, such as depression or anxiety, are real, common and treatable. And recovery is possible.</b></p>	<p><b>Mental Health America</b>          500 Montgomery Street          Alexandria, VA 22314          Phone: (703) 684.7722  <a href="http://www.mhanational.org">www.mhanational.org</a></p>
 <p><b>Depression and Bipolar Support Alliance (DBSA)</b> 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.</p> <p>DBSA Davis/Weber County Chapter and Support Group's mission is to provide a safe and confidential environment in which to focus on issues and information related to depression and bipolar disorder (manic depression) as well as create a stable community of support for those with symptoms, their friends, and families.</p>	<p><b>DBSA Davis/Weber County Chapter and Support Group</b>          Layton, UT          Tel: (801) 628-4881          Email:  <a href="mailto:roberthall59@comcast.net">roberthall59@comcast.net</a>  <a href="http://www.dbsalliance.org">www.dbsalliance.org</a></p>

