

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 St. Louis is a non-profit organization dedicated to improving the lives of children and adults with mental illnesses and their families in the St. Louis region. For over 40 years, NAMI St. Louis has worked to promote the development of community mental health programs and services, change public attitudes about mental illnesses, improve access to services and increase opportunities for recovery. Through our education, advocacy, support, leadership and customer-centered services, we will improve the quality of life of persons experiencing mental illness and that of their families, caregivers and friends.

NAMI St. Louis
1810 Craig Rd, Suite 124
St. Louis, MO 63146
Phone: (314) 962-4670
www.namistl.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.**

The mission of MHA-EM is to represent the public's interest in all matters relating to mental illness and mental health. MHA-EM is dedicated to using its limited resources in the most effective way to lead the local mental health movement, addressing the needs of the community at large on all issues of mental health and mental illness.

Each year, more than 100 community volunteers help MHA serve St. Louis City and St. Louis, St. Charles, Lincoln, Warren, Franklin and Jefferson Counties.

MHA of Eastern Missouri
1905 S. Grand Blvd.
St. Louis, MO 63104
Phone (314) 773-1399
www.mha-em.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.

Please check the site for a DBSA Support Group near you.

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

