

Project RockSTARR



PACIFIC CLINICAL
RESEARCH MEDICAL GROUP



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.

The Pomona Valley affiliate of NAMI (NAMI Pomona Valley) is a nonprofit California corporation serving Pomona Valley and the surrounding communities and dedicated to improving the quality of life for people affected by mental illness and their loved ones through support, education, and advocacy. NAMI is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness.

Our volunteers, staff and community partners know that recovery from mental illness is possible and we offer many resources to support that end.

NAMI Pomona Valley

3115 N. Garey Ave.,
Pomona, CA 91767
Phone: (909) 625-2383
Email: admin@namipv.org
www.namipv.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.**

MHA of Los Angeles helps individuals with mental health needs, including transition-age youth, Veterans and their families, and those who may be struggling with homelessness.

MHA of Los Angeles

200 Pine Avenue
Long Beach, CA 90802
562-285-1330
<http://mhala.org/>



Depression and Bipolar
Support Alliance

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.

The Depression and Bipolar Support Alliance (DBSA) California provides support groups, advocacy, educational programs, empowerment, recovery tools, and information to people living with depression and bipolar disorder in the United States.

DBSA-CA

16280 Whispering Spur
Riverside, CA 92504
Phone: 951-780-3366
dbsatoday@yahoo.com
<http://www.dbsacalifornia.org/>
<https://www.dbsalliance.org/support/chapters-and-support-groups/find-a-support-group/?state=CA>

