

Project RockSTARR



Psychiatry + Psychotherapy Partners Austin



NAMI
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.

Founded in 1984, NAMI Central Texas, formerly NAMI Austin, is a member of the largest grassroots mental health organization in the United States, the National Alliance on Mental Illness. Through innovative education, support and advocacy programs, we are changing the way our community addresses mental health. NAMI Central Texas is dedicated to improving the lives of all individuals affected by mental illness through education, support and advocacy programs.

NAMI Central Texas
Austin State Hospital
4110 Guadalupe St, Bldg 781,
Flr 4, Rm 419
Austin, TX 78751
Phone: (512) 420-9810
Email: info@namicentraltx.org
www.namiaustin.org



MHA
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 Greater Tarrant County believes in building awareness of mental wellness within the community. We strive to provide knowledge and outreach which aid to improve the lives of those we serve by helping them to remember their true nature and resilience.

MHA of Greater Tarrant County
3136 West 4th Street
Fort Worth, TX 76107
Phone (817) 335-5405
<http://www.mhatc.org/>



DBSA

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 has support groups in most states, as well as 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, its chapters, and mental health care facilities across America.

DBSA Round Rock
Round Rock, TX
Tel: (512) 844-5575
Email: dbsaroundrock@gmail.com

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

