

# 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](mailto:info@namicentraltx.org)  
[www.namiaustin.org](http://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**  
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