

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 Arizona is a statewide grassroots organization dedicated to serving individuals and families affected by mental illness to improve their quality of life and achieve recovery. NAMI Arizona promotes activities, in partnership with local NAMI affiliates, through education, advocacy, research, and support.

NAMI Arizona
Phone: (602) 244-8166
Email: jimdunnaz@msn.com
www.namiarizona.org



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.**

Mental Health America of Arizona (MHA AZ), promotes the mental health and well-being for all Arizonans through education, advocacy and the shaping of public policy. We do so by developing, empowering, informing and activating a network of people, healthcare providers and business alliances interested in advocating for sound public mental health policy in Arizona.

MHA AZ
5110 N 40th Street, Suite 201
Phoenix, AZ 85018
Phone (602) 576-4828
www.mhaarizona.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 Tucson provides peer "support groups" for those with "Mood Disorders" including Depression, Bipolar 1 & 2, and Anxiety. We welcome anyone with mood disorders, and their friends and/or family as well. Our meetings are free of charge and are open to anyone.

DBSA Tucson
2802 E District St.
Tucson, AZ 85714
Tel: 520-271-7805
Email: board@dbsatucson.org
www.dbsatucson.org

