

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

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Phone: (909) 625-2383
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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.**

The mission of Mental Health America of California is to ensure that people of all ages, sexual orientation, gender, ethnicity, etc. who require mental health services and supports are able to live full and productive lives, receive the mental health services and other services that they need, and are not denied any other benefits, services, rights, or opportunities based on their need for mental health services.

Mental Health America California

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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

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<https://www.dbsalliance.org/support/chapters-and-support-groups/find-a-support-group/?state=CA>

