

Project RockSTARR



Pacific Research Partners



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 Mental Health Association of San Francisco is a peer-led social justice community dedicated to progressive mental health issues for the past 70 years.

MHA of San Francisco
870 Market St, Ste 928
San Francisco, CA 94102
Phone: (415) 421-2926
www.mentalhealthsf.org



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 Alameda County offers free education programs along with support, guidance, and hope for those affected by mental health conditions throughout Alameda County.

NAMI Alameda County
Phone: (510) 334-7721
Email: nami-alamedacounty@nami-alamedacounty.com
www.nami-alamedacounty.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.

Depression and Bipolar Support Alliance of San Francisco is a peer-run community of people with mood challenges and their friends and families. Our community is dedicated to support and empower by providing a safe and compassionate peer to peer support groups. For additional information visit us at dbsasf.org

DBSA Berkeley
Oakland, CA
Email: berkbipolar@yahoo.com
Jeff Caiola: (510) 485-8116

DBSA San Francisco
San Francisco, CA
Email: dbsasf@gmail.com
Phone: (415) 758-1799
www.dbsasf.org