

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.

For 35 years, NAMI Metropolitan Baltimore has worked with dedicated grassroots leaders to raise awareness and provide essential education, advocacy, and support group programs for people living with mental illness and their loved ones.

NAMI Metropolitan Baltimore

6600 York Road, Suite 204
Baltimore, MD 21212
Phone: (410) 435-2600
Email: info@namibaltimore.org
www.namibaltimore.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.

MHA of Frederick County promotes mental health education and wellness, as well as offering support groups. We are an alliance of individuals who come together to make a significant difference in the mental health community.

MHA of Frederick County

226 S. Jefferson Street
Frederick, MD 21701
Phone (301) 663-0011
www.fcma.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.

The DBSA GREATER BALTIMORE AREA Chapter is a local affiliate of the national DBSA. Our mission is to improve the lives of people with mood disorders, depression and bipolar disorder, and of their families and friends. We currently provide six support groups in the Greater Baltimore area. Our goal is to provide hope, help, education and resources related to living well, even thriving, while living daily with a mood disorder. Our group lends a sense of community and we learn we still have the creativity and humor we think we may have lost.

DBSA Greater Baltimore Area

4801 Roland Avenue
Baltimore Md. 21210
Tel: (410) 467-4709
Email: louandvicki@verizon.net
<https://greaterbaltimorearea.weebly.com/>

