

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.

Since 1979, NAMI Chicago has fought for families and individuals impacted by mental health conditions. We promote community wellness, break down barriers to mental health care and provide support and expertise for families, professionals and individuals in Chicago and beyond. At NAMI Chicago, we have the courage to believe that healing is possible. We work tirelessly, seven days a week to create a world that prioritizes mental wellness, and to bridge people into the care and support they deserve to live thriving lives of recovery.

NAMI Chicago
Phone: (312) 563-0445
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www.NAMChicago.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.**

Since 1909, Mental Health America of Illinois (MHA) has worked to promote mental health, prevent mental illnesses and improve the care and treatment of people suffering from mental and emotional disorders. Our three main focus areas are to educate, to advocate and to inform. As supporters, we know that mental health is vital to overall well-being and that countless people remain silent sufferers to diseases that cannot be seen. This is a battle that we must face as a united front, which is why advocates like YOU are critically important to help make change!

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www.mhai.org/

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<http://mhans.org/>
www.mhanational.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 offers 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, our chapters, and mental health care facilities across America.

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