

# 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.

At NAMI Mobile, our mission is to provide support, education and advocacy for people with mental illness and their families; to promote better quality of care, rights and interests of people with mental illness, particularly of those who cannot speak for themselves; to help families and friends of people with mental illness by providing emotional support, education and information; and to advocate policies at the local, state and national levels to accomplish these objectives.

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Phone: (601) 899-9058

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[www.namims.org](http://www.namims.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 (MHA)**  
**National Office**  
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820  
Alexandria, VA 22314  
Phone: (703) 684.7722  
[www.mhanational.org](http://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.

**DBSA Cumming**  
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