

Project RockSTARR



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 GLAC provides education classes and support groups at no cost to participants in English and Spanish; we offer local expertise, help, and hope in navigating the challenging path of mental health treatment and recovery, and we advocate for policies and programs that improve the lives of everyone affected by mental health challenges.

NAMI Greater Los Angeles County

3600 Wilshire Blvd.,
Suite 1804
Los Angeles, CA 90010
Phone: (213) 386-3615
Email: info@namiglac.org
www.namiglac.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.

MHALA serves adults and transition age youth who are dealing with mental health needs and do not have financial resources, including Veterans and people who are homeless.

MHA of Los Angeles
200 Pine Avenue
Long Beach, CA 90802
Phone: (562) 285-1330
<http://mhala.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 City of Angels 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.

DBSA City of Angels
Burbank, CA
Phone: (323) 374-5387
Email: info@dbsacityofangels.com
www.facebook.com/DBSACityofAngels2020/

