

# Project RockSTARR



## PsychCare Consultants Research



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.

NAMI St. Louis (National Alliance on Mental Illness) is a non-profit organization dedicated to improving the lives of children and adults with mental illnesses and their families in the St. Louis region. For over 40 years, NAMI St. Louis has worked to promote the development of community mental health programs and services, change public attitudes about mental illnesses, improve access to services and increase opportunities for recovery.

**NAMI St. Louis**  
1810 Craig Rd, Suite 124  
St. Louis, MO 63146  
Phone: (314) 962-4670  
Email: [info@namistl.org](mailto:info@namistl.org)  
[www.namistl.org](http://www.namistl.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 of Eastern Missouri (MHA-EM) envisions a just, humane, and healthy society in which all people are accorded respect, dignity, and the opportunity to achieve their full potential free from stigma and prejudice. MHA-EM works toward this vision by embracing our mission statement: To promote mental health and to improve the care and treatment of persons living with mental illness through advocacy, education and service.

**MHA of Eastern Missouri**  
1905 S. Grand Blvd.  
St. Louis, MO 63104  
Phone (314) 773-1399  
[www.mha-em.org/](http://www.mha-em.org/)



Depression and Bipolar Support Alliance

**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 Greater St. Louis operated through the St. Louis Empowerment Center, founded in 1996, is a recovery drop-in center for people who are mental health consumers or who have co-occurring disorders. It is funded by the Missouri Department of Mental Health and the Missouri Foundation of Health. As a program of the Depression Bipolar Support Alliance of Greater St. Louis, the St. Louis Empowerment Center is designed to meet the needs of St. Louis residents who are mental health consumers through the self-help model. All of the activities and programs at the St. Louis Empowerment Center are free of charge.

**DBSA Greater St. Louis**  
907 Dock Street  
St. Louis, MO 63147  
Phone: 314.652.6100  
Email: [info@dbsaempowerment.org](mailto:info@dbsaempowerment.org)  
<http://www.dbsaempowerment.org/>

