

# CenExel RCA

## Local Area Resources



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.

Founded in 1984, **NAMI Broward County** is dedicated to the eradication of the stigma associated with mental illnesses and to the improvement of the quality of life for all individuals affected by these diseases. NAMI Broward County provides free support groups, education classes and seminars, legislative advocacy, and information for people in our community living with mental illness as well as their loved ones. Programs include Family-to-Family, Peer-to-Peer, Basics, Provider Education, and Crisis Intervention Training (CIT) for law enforcement personnel.

### **NAMI Broward County, Inc.**

4161 NW 5 St, Suite 203  
Plantation, FL 33317  
Phone: (954) 316-9907  
Email:  
namibroward@gmail.com  
www.NAMIBroward.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 Southeast Florida** is your voice for mental wellness. Since 1957, we have remained true to our mission of promoting mental health through education, prevention, research, advocacy and empowerment. Our services include information and referral, school-based prevention programs for children, education and support of parents so they can make their families strong. In addition, for over 20 years, our 9MusesArtCenter has helped adults find hope and enjoy a better quality of life.

### **MHA of Southeast Florida**

7145 West Oakland Park Blvd  
Lauderhill, FL 33313  
Phone (954) 746-2055  
www.mhasefl.org

### **MHA of Palm Beach County**

909 Fern Street  
West Palm Beach, FL 33401  
Phone (561) 801-4357  
<https://mhapbc.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.

**Depression and Bipolar Support Alliance of South Florida** provides peer support groups for people who deal with mood disorders, primarily depression or bipolar disorder. We also provide free and confidential support for their families and friends. We are peers – individuals just like you – who have come together in search for support, someone to speak with and share solutions with that work for us. All our support group meetings are free of charge, confidential, and supportive. We hold meetings in Broward, Miami Dade, and Palm Beach and Pinellas counties. Just show up!

### **DBSA South Florida**

Pompano Beach, FL  
Tel: (954) 336-8258  
Email:  
eric@hotbusinessops.com  
<http://dbsasouthflorida.org/>

### **DBSA South Florida**

Fort Lauderdale/Tamarac, FL  
Tel: (954) 224-5218  
Email:  
Barryfspinner@gmail.com  
<http://dbsasouthflorida.org/>