

Project RockSTARR



**ROCHESTER CENTER
FOR BEHAVIORAL MEDICINE**



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 Detroit Metro is grass roots, all volunteer non-profit organization dedicated to improving the quality of life for persons with serious mental illness and their families through, advocacy, support and education. In addition, NAMI Metro promotes research that will lead to improvements for all those diagnosed and living with a mental illness. It is our endeavor to erase the stigma that is associated with mental illness and we will not rest until mental illness is accepted the same as any other illness.

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Warren, MI 48092
Phone: (313) 576-6939
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NAMI Metro
P.O. Box 852
Northville, Michigan 48167
Phone: (248) 277-1500
support@namimetro.org
<https://namimetro.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.**

The Mental Health Association in Michigan (MHAM) is the local MHA affiliate. MHAM works by making available to the public, as well as providers and recipients of mental health services, educational literature covering all aspects of mental health and mental illness.

MHAM
2157 University Park Dr Ste 1
Okemos, MI 48864-5956
Phone (248) 473-3143
www.mha-mi.com

Rahma Worldwide
31333 Southfield Rd., Ste. 100
Beverly Hills, MI 48025
Phone (248) 566-3111
www.rahmarelief.org/



improved services, and to love them for who they are.

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

The Depression and Bipolar Support Alliance (DBSA) Metro Detroit is a self-help group for those diagnosed with Bipolar Disorder or Depression (Unipolar Disorder). Family, friends and a variety of professionals are also included and are an important part of our organization. DBSA Metro Detroit is run by the members. We offer hope, support and education. We are an affiliate of the Depression and Bipolar Support Alliance which has over 700 support groups.

DBSA Metro Detroit
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