

Project RockSTARR



Red Oak Psychiatry
Associates, PA



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 Greater Houston was established in 1988 by a group of dedicated and caring family members of those living with difficult, yet treatable, mental illnesses. In founding NAMI Greater Houston, these family members sought to establish a grassroots organization that would address the increasing need for families and persons affected by mental illness to have a powerful voice in the mental health community. NAMI Greater Houston provides FREE education programs, peer facilitated support groups and grassroots advocacy initiatives that enable families and consumers to better understand the complexities and challenges of living with a mental illness and in doing so, become more effective self-advocates.

NAMI Greater Houston

9401 Southwest Freeway, Ste 1234

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Phone: (713) 970-4419

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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 Greater Houston is the area's longest serving mental health education and advocacy organization focused on shaping the mental health of people and communities in the areas of children and education, integrated health care, chronic illnesses, women, suicide prevention, and veterans. We actively work to replace misperceptions and misunderstanding about mental illness with compassion and proper treatment; link people to mental health services; and provide education and training for key sectors of the community.

MHA of Greater Houston

2211 Norfolk, Suite 810

Houston, TX 77098

Phone (713) 523-8963

<https://www.mhahouston.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.

re:MIND (formerly known as DBSA Greater Houston and still a DBSA affiliate) provides free and confidential support groups for individuals living with, or family and friends affected by, depression and bipolar disorders. Our free support groups are led by licensed mental health professionals and co-facilitated by trained volunteers.

re:MIND

Houston, TX

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<https://www.remindsupport.org/>

