

# Project RockSTARR



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 Memphis is a community network of support for anyone affected by mental health conditions – individuals and their family, friends and caregivers. We are dedicated to improving the quality of life for individuals and supporting families affected by mental illness through education, support and advocacy. Our vision is that individuals living with mental illness can recover, and lead productive and meaningful lives. We want to ensure that no one in the Memphis area who is living with mental illness is alone in their journey to recovery and mental health wellness. We believe it's okay to ask for help! Our services are free for all, and all are welcome.

## NAMI Memphis

Phone: (901) 725-0305  
Email: [info@nami-memphis.org](mailto:info@nami-memphis.org)  
[www.nami-memphis.org](http://www.nami-memphis.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.**

MHA of the MidSouth (formerly known as Mental Health Association of Middle Tennessee) was founded in 1946 with the mission to connect the community with mental health and wellness resources, provide services that improve the quality of life, and promote effective services where mental health needs exist. Over the years, the MHA of the MidSouth has worked diligently to educate all members of our community about how to attain good mental health. We share our message of hope for mental wellness to thousands of individuals annually.

## MHA of the MidSouth

446 Metroplex Drive,  
Suite A-224  
Nashville, TN 37211  
Phone (615) 269-5355  
<https://mhamidsouth.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.

At DBSA Memphis, we strive to make mental health mainstream in hopes of taking away the stigma that comes from the admission of having a mental illness, as well as helping each other in times of need. This disease effects the families as well as the patient themselves and we strive to not only educate the patient but the family as well.

## DBSA Memphis

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