

Project RockSTARR



 <p>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.</p> <p>NAMI Oklahoma is a passionate team made of families, members, affiliates, and partners throughout the state who are leading the change on mental illness. NAMI Oklahoma has grown to include seven affiliates throughout the state that facilitate support groups, conduct education programs, and speak in the community to increase understanding and bring awareness to mental illness issues and to share the message that treatment can be effective.</p>	<p>NAMI Oklahoma 3812 Santa Fe, Suite 305 Oklahoma City, OK 73118 Phone: (405) 601-8283 Email: namiok@coxinet.net www.namioklahoma.org</p>
 <p>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.</p> <p>MHA supports communities by providing information and through our regional affiliates and support groups. We believe in inclusivity and work with ALL individuals and their families through each step on the path to wellness, from making initial referrals, to providing free mental health services, to helping maintain stability and productivity once they are achieved.</p>	<p>MHA Oklahoma 5330 East 31st St, #1000 Tulsa, OK 74135 Phone (918) 585-1213 https://mhaok.org/</p>
 <p>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.</p> <p>DBSA has support groups in most states, as well as peer-based, wellness-oriented support and empowering services and resources available when people need them, where they need them, and how they need to receive them—online 24/7, in local support groups, in audio and video casts, or in printed materials distributed by DBSA, its chapters, and mental health care facilities across America.</p>	<p>DBSA 55 E Jackson Blvd, Suite 490 Chicago, IL 60604 Phone: (800) 826-3632 www.dbsalliance.org/</p> <p>DBSA Bethany Oklahoma City (LGBTQ+), OK Tel: (405) 706-7305</p> <p>DBSA OKC Northside Oklahoma City, OK Tel: (405) 431-5832</p>

