

Project RockSTARR



 <p>NAMI National Alliance on Mental Illness</p>	<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 Dallas Southern Sector is committed to promoting awareness and providing education to the public. We help to improve the quality of life for people affected by mental illness and their family members by providing support, education, referral services, and legislative advocacy for Southern Dallas County.</p>	<p>NAMI Dallas Southern Sector PO Box 397688 Dallas, TX 75339 Phone: (972) 401-3834 Email: nami.ssectordallas@gmail.com https://namitexas.org/nami-southern-sector-dallas/</p>
 <p>MHA Mental Health America</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>Mental Health America of Greater Dallas (MHA Dallas) champions for the mental well-being of all. Since 1947, MHA Dallas has helped our community improve mental health through advocacy, community education and resources for both adolescents and adults. As a non-profit we're committed to helping our Dallas-area community by giving a voice to people without one, helping people help themselves and changing how people think about mental illness and mental health.</p>	<p>MHA of Greater Dallas 624 N. Good-Latimer Expy., Ste. 200 Dallas, TX 75204 Phone (214) 871-2420 www.mhadallas.org/</p>
 <p>DBSA</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 Dallas Richardson, TX Tel: (817) 654-7100 Email: info@dbsadallas.org http://www.dbsadallas.org/</p>