

# Project RockSTARR



SIU SCHOOL of MEDICINE

Center for Clinical Research



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.

The families and members of NAMI Illinois are here to help! We offer understanding to anyone concerned about mental illnesses and the treatment of mental illness. We are dedicated to improving the quality of life for people with mental illness and their families through support, education, and advocacy.

**NAMI Illinois State Office**

1010 Lake Street Suite 200  
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[www.namiillinois.org](http://www.namiillinois.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.**

Since 1909, Mental Health America of Illinois (MHA) has worked to promote mental health, prevent mental illnesses and improve the care and treatment of people suffering from mental and emotional disorders. Our three main focus areas are to educate, to advocate and to inform.

MHA of Macon County supports the Macon community with peer-led support groups and by guiding people to mental health services that may not otherwise be accessible. 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.

**MHA of Illinois**

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Phone (312) 368-9070  
[www.mhai.org/](http://www.mhai.org/)

**MHA of Macon County, Inc.**

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**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.

DBSA offers 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, our chapters, and mental health care facilities across America.

**DBSA National Office**

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