

Project RockSTARR



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.

For over 40 years, NAMI Dane County has provided essential education, support and advocacy to people affected by mental illness. We are committed to eliminating stigma and ensuring people get the support and information they need.

NAMI Wisconsin is the State Affiliate of NAMI for Wisconsin. Our mission is to improve the quality of life of those affected by mental illness and to promote recovery.

NAMI Dane County

United Way Building
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Madison, WI 53704-6608
Phone: (608) 249-7188
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<http://www.namidanecounty.org>

NAMI Wisconsin, Inc.

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Madison, WI 53711-3814
Phone: (800) 236-2988
Email: nami@namiwisconsin.org
<http://www.namiwisconsin.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.**

Mental Health America of Wisconsin (MHA) is an affiliate of the nation's leading community-based non-profit dedicated to helping all Americans achieve wellness by living mentally healthier lives. Our work is driven by our commitment to promote mental health as a critical part of overall wellness

MHA of Wisconsin

600 W. Virginia St, Suite 502
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Phone: (414) 276-3122 or (866) 948-6483 (toll free)
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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 Watertown WI is a free support group for sufferers of depression and bipolar disorders, ages 18 and up. Members learn from each other, sharing their feelings, experiences and coping skills, and offering hope in a safe and confidential environment. Free educational handouts are available.

DBSA Waterton, WI

MEETINGS: Park Hill Apartments
Meeting Room, 1st Floor
1121 Highland Avenue
Watertown, Wisconsin
Phone: 920-206-4642, Noon – 6 P.M.
Email: dbsawatertownwi@gmail.com

