

Project RockSTARR



Mental Health America

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.

MHASD was founded in 1942 as the first mental health advocacy organization in San Diego County. MHASD brings together clients, families, professionals, providers, community leaders, and the public to collaborate, cooperate, and ensure available affordable care to all citizens.

MHA of San Diego County
 4069 30th St
 San Diego, CA 92104
 Phone: (619) 543-0412
www.mhasd.org



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 San Diego provides education classes and support groups at no cost to participants in English and Spanish; we offer local expertise, help, and hope in navigating the challenging path of mental health treatment and recovery, and we advocate for policies and programs that improve the lives of everyone affected by mental health challenges.

NAMI San Diego
 5095 Murphy Canyon Road,
 Suite 320
 San Diego, CA 92123
 Phone: (858) 634-6580
 Email:
information@namisd.org
www.namisaniego.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.

DBSA San Diego is a peer-run community of people with mood challenges and their friends and families. Our community is dedicated to support and empower by providing a safe and compassionate peer to peer support groups.

DBSA San Diego
 El Cajon (Paradise East), CA
 Email:
kel.san.diego@gmail.com
 Kel: (619) 828-0083
www.dbsasandiego.org

