

Project RockSTARR



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.

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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.

The Mood Disorders Support Group of NY (MDSG-NY), a chapter of the National DBSA, is a non-profit 501(c)(3) self-help, peer run organization. Since 1981, we have been supporting individuals with mental health problems such as depression and bipolar disorder as well as their families and loved ones.

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