

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 Johnson County (NAMIJC) is an organization where people can meet and learn from each other. Educational programs and classes provide information about illnesses, symptoms, treatment options, and available services for those living with a mental illness, as well as for those with whom they live and work. NAMIJC advocates for access to services, treatment, support and research and is steadfast in its commitment to raising awareness and building a community of hope for all those in need.

NAMI Johnson County (IA)
 Phone: (319) 337-5400
 Email: mary.issah@namijc.org
www.namijc.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 (MHA)
 National Office
 500 Montgomery Street, Suite 820
 Alexandria, VA 22314
 Phone: (703) 684.7722
www.mhanational.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 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
 55 E Jackson Blvd, Suite 490
 Chicago, IL 60604
 Phone: (800) 826-3632
 Email: programs@dbsaleance.org
www.dbsalliance.org

