

# 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 Central MA is a chapter of NAMI MA. The mission of NAMI MA is to improve the quality of life for people diagnosed with mental health conditions and their families. We seek to improve the public's awareness and understanding of mental health conditions and ensure that all people impacted by a mental health condition receive the support they need in a timely fashion.

**NAMI Central MA**  
309 Belmont St Room G1B9  
Phone: (508) 368-3562  
Email: [namiworc@hotmail.com](mailto:namiworc@hotmail.com)  
<http://www.namimass.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.**

MHA Affiliate, **Massachusetts Association for Mental Health (MAMH)** has worked to improve understanding of mental health conditions and combat disparities in health services access. We share information emerging from clinical research, program evaluation and innovation developments to inform and activate diverse audiences in the Commonwealth and beyond. MAMH solves problems in disparities in benefits and access to care through strategic advocacy partnerships.

**Massachusetts Association for Mental Health (MAMH)**  
50 Federal Street  
6th Floor  
Boston, MA 02110  
Phone: (617) 742-7452  
[www.mamh.org/](http://www.mamh.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.

The DBSA Worcester support group meets on Facebook; please contact the facilitator for details.

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