

# Project RockSTARR



## UPTOWN RESEARCH INSTITUTE



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 Chicago fights for families and individuals impacted by mental health conditions. We promote community wellness, break down barriers to mental health care and provide support and expertise for families, professionals and individuals in Chicago and beyond. We are committed to showing up for everyone in our community—whether it's Chicago's first responders, students and school staff, a person on the other end of the phone, or in the community, meeting individuals where they are.

### **NAMI Chicago**

Phone: (312) 563-0445  
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[www.NAMChicago.org](http://www.NAMChicago.org)



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.

Since 1909, Mental Health America of Illinois (MHA) has worked to promote mental health, prevent mental illnesses, and improve the care and treatment of people suffering from mental and emotional disorders. Our three main focus areas are to educate, to advocate and to inform.

### **MHA of Illinois**

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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 Greater Chicago is a locally-run, independent affiliate of the National DBSA and offers peer-led support groups providing a place where people with mood disorders and those who care about them can share experiences, discuss wellness skills, and offer hope to one another. We've been there. We can help.

### **DBSA Greater Chicago**

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