

Project RockSTARR



Weisler

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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 Wake County provides support, education, & advocacy to those affected by mental health challenges to create a community where mental health is valued.

NAMI Wake County
PO Box 12562
Raleigh, NC 27605
Phone: (919) 848-4490
Email: admin@nami-wake.org
www.nami-wake.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.**

Mental Health America of Eastern Carolinas (MHAEC) offers programs and services to help prevent mental health conditions, identify mental health conditions early, intervene with evidence based practices, integrate behavioral health care with physical care, and achieve recovery for citizens across Eastern Carolina.

Mental Health America of Eastern Carolinas
150 E Firetower Rd
Suite A - Office 105
Winterville, NC 28590
Phone: 252-368-6472
<https://mhaec.org/>



and friends to embrace their independence, advocate for improved services, and to love them for who they are.

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

DBSA Triangle Comfort Zone 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 Triangle Comfort Zone
Chapel Hill, NC
Email: dbsachapelhill@gmail.com
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