

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 Vermont supports, educates, and advocates so that all communities, families, and individuals affected by mental illness or mental health challenges can build better lives. Our vision is a world where Vermonters affected by mental illness or mental health challenges have the care, support, and knowledge that they need.

NAMI Vermont

600 Blair Park Road
Suite 301
Williston, VT 05495
Phone: (802) 876-7949
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www.namivt.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.**

The Vermont Association for Mental Health and Addiction Recovery is the Vermont state MHA affiliate. It is a statewide information and advocacy organization that supports all paths to recovery from addiction and mental health conditions. Since 1939, we have worked to promote mental wellness in Vermont, and to be the state's voice in education, training and community support.

Mental Health America Vermont

100 State St, Suite 352
Montpelier, VT 05602
Phone: (802) 223-6263
<http://www.pear-vt.org/>



Depression and Bipolar Support Alliance

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. What makes us unique is the fact that we are peer based and lead. What this means is that all of our meetings and all of our leaders are members or caring friends and family of members.

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.

Depression and Bipolar Support Alliance (DBSA)

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