

# The National Mental Health Association

The National Mental Health Association (NMHA), through its national office and more than 340 affiliates nationwide, works to improve the mental health of all Americans.

Founded in 1900 by Clifford W. Beers, a former psychiatric patient, NMHA is a citizen volunteer advocacy organization dedicated to addressing all aspects of mental health and mental illnesses.

NMHA accomplishes its mission as a force for social change through advocacy, education, research, and service.

NMHA's address is:

The National Mental Health Association  
2000 N. Beauregard Street, 6th Floor  
Alexandria, VA 22311  
Phone: (800) 969-NMHA (6642)  
Web site: <http://www.nmha.org>.

If you need information on support groups or community mental health services or help locating a mental health association near you, call NMHA's Information Center toll free at 1-800-969-NMHA (969-6642).

Information obtained from the National Mental Health Association.

This content is reviewed periodically and is subject to change as new health information becomes available. The information is intended to inform and educate and is not a replacement for medical evaluation, advice, diagnosis or treatment by a healthcare professional.