



Santa Clara County

Are **YOU** or **A LOVED ONE** struggling with **MENTAL ILLNESS**?
Need **HELP**? Contact the

NAMI SCCo WARMLINE HELP DESK



Call us: **(408) 453-0400, option 1**

Visit us: **1150 S. Bascom Ave., Suite 24, San Jose, CA 95128**

Email us: **info@namisantaclara.org**

Hours are: **Monday-Friday, 10 am - 6 pm**

(At other times, leave a voice mail and we will respond during our open hours)

** If you have an **emergency or crisis** situation, **call your local police department or 9-1-1**
& ask for a **CIT Officer** (Crisis Intervention Team trained),
or call the **Suicide & Crisis Hotline: 855-278-4204** (24 hours/7 days)*

Our trained and knowledgeable volunteers offer free, safe, confidential services to individuals, and to their family and friends, who have been affected by mental illness. Our Warmline Help Desk provides:

- **Information** – We answer questions about mental illness symptoms, treatment, and recovery, about your rights as an individual or family member, and about navigating local mental health, social service and criminal justice services and systems.
- **Referrals** – From our wealth of resource information, we refer to NAMI and other local mental health support groups and education programs, as well as to valuable community services such as employment, housing, and financial support.
- **Support** – Our trained Warmline volunteers have lived experience with mental illness and are in a unique position to offer support, empathy and guidance to you and your loved ones. Talk to someone who understands!



(Updated 7/2/2018)