



Santa Clara County

RESOURCE GUIDE

May 22, 2019

NAMI-SCC Warmline Help Desk

(The Warmline Help Desk offers nonjudgmental support to individuals and families during times of need, as well as guidance on how to begin a path of recovery.)

The NAMI- SCC Warmline Help Desk
M–F, 10 A.M.–6 P.M.

408-453-0400, option #1

For Information in Other Languages:

Juan Perez (se habla español)
Athen Hong (Mandarin)

408-528-5353
408-996-1016

Santa Clara County Mental Health Emergency and Referral Information

Dial **911** and request a Crisis Intervention Team (CIT) officer.
NOTE: For nonemergency situations, call **311** San Jose and ask for a CIT Officer.

Emergency Psychiatric Services (EPS) **408-885-6100**
871 Enborg Lane, San Jose

Urgent Psychiatric Care **408-885-7855**
871 Enborg Court, San Jose, Unit 100
Daily 8 A.M.–10 P.M.; walk in

Suicide & Crisis Hotline (Central) **855-278-4204**

Mental Health Call Center **800-704-0900**
24-hr. on-call staff; Provides info/referrals **M–F, 8 A.M.–5 P.M.**

Gateway, Dept. of Alcohol & Drug Services **800-488-9919**
(Referral Agency)

Ethnic Cultural Community Advisory Committees (ECCAC)
1075 E. Santa Clara St., San Jose **408-792-3912**

Office of Family Affairs
Santa Clara County Behavioral Health **408-792-2166**

211 Santa Clara County
Free nonemergency, confidential 3-digit phone number/service for access to critical services (multilingual); www.211scc.org

Uplift Family Services (formerly EMQ FamiliesFirst)
Child/Adolescent Mobile Crisis Program **408-379-9085**
After-hours/weekend emergencies **1-877-412-7474**

Uplift Family Services Crisis Stabilization Unit **408-364-4083**

Bill Wilson Center Teen Crisis Line **408-850-6140**

In Crisis: Text RENEW to 741741
To speak confidentially with a Crisis Counselor

Mental Health Advocacy Project (MHAP)
Free legal help (advice, representation, referrals and assistance for housing, government benefits and patients' rights services) for mental health patients' rights **408-294-9730; 800-248-MHAP**

VA Referrals—Help for Veterans **1-800-455-0057**

New Lifestyles—The Source for Senior Living Magazine
www.NewLifeStyles.com **1-800-869-9549**

NOTE: The information in the NAMI-SCC Resource Guide is presented in summary form as a supplement to, and *not* a substitute for, the knowledge, skill & judgment of qualified psychiatrists, psychologists, physicians and health care professionals. If you have health, medical or disability questions, please consult a physician or other health care professional.

Ongoing Services

SCC Family & Children's Services **408-292-9353**

SCC NAMI Office (Resources, support) **408-453-0400 option #1**

Sourcewise Community Resource Solutions **408-350-3200**
Care management; information & awareness; health insurance counseling & advocacy program; senior employment services; and Meals on Wheels

Center for Independence of Individuals with Disabilities
650-645-1780

Financial Assistance

Social Security **800-772-1213**

SSDI (Social Security Disability Insurance)

Eligibility: Worked 1-1/2 to 5 years, depending on one's age

SSI (Supplemental Security Income)

Eligibility: For those with a mental, emotional or physical disability that prevents them from holding substantial employment and also with than less \$2,000 of assets excluding a car; provides monthly cash payments.

Medi-Cal

Eligibility: For those with low income and limited resources; this is a joint federal and state program that helps with medical costs. Medicaid programs vary from state to state, but most healthcare costs are covered if you qualify for both Medicare and Medicaid.

Medicare

Eligibility: Receiving SSDI for two years, or retired and 65 years of age or older

Insurance

Employment Development Department **800-300-5616**

Eligibility: Job loss
www.edd.ca.gov

State Disability Insurance (SDI) **800-480-3287**

If you become mentally or physically disabled while working and as a result are unable to continue working, you may be eligible for State Disability benefits.

Department of Social Services (DSS)

General Assistance for adults 18 years and older.
(Loans, CalFresh and Medi-Cal)

San Jose **877-962-3633**

Mountain View **408-758-3800**

Gilroy **408-758-3300**

Automated Services **408-758-4600**

Please note that information about additional community resources and support groups throughout Santa Clara County are also online on our website, www.namisantaclara.org
We update this resource guide as well as the website as we receive new information.

NAMI-SCC Support Groups in NAMI Format

(NOTE: NAMI Format groups are led by NAMI-trained family members of individuals living with a mental illness.)

The NAMI- SCC Warmline Help Desk
M–F, 10 A.M.–6 P.M.

408-453-0400, option #1

After-Hour Support x 4 / Evenings — Weekends

♦ **For Family Members and Friends**

SAN JOSE — 3rd Tues. of month, 7–8:30 P.M.
 NAMI SCC 1150 S. Bascom Av, Ste. 24.

SAN JOSE — 1st Wed. of month, 6–7:30 P.M.
 Family Jail Support group for those loved ones who are currently or were formerly incarcerated. NAMI SCC 1150 S Bascom Ave. Ste 24
 For more info: courtjailcaregroup@yahoo.com

GILROY — 2nd Thurs. of month, 7–8:30 P.M.
 St. Louise Regional Hosp., 9400 No Name Uno, Board Rm,

LOS GATOS — 1st Tues. of month, 7–8:30 P.M.
 Transition Age Youth (TAY/14-24 years) Family Support Group El Camino Hospital-Los Gatos, 815 Pollard Rd. Conf. Rm. 2

MTN. VIEW — 1st Tues. of month, 7–8:30 P.M.
 El Camino Hosp., 2500 Grant Rd, Conf. Rm. G main bldg., ground floor. (Allow 10 minutes for parking.).

PALO ALTO — 4th Tues. of month, 7–8:30 P.M.
 Jewish Family & Children Services, 200 Channing Ave.

PALO ALTO — 2nd Wed. of month, 7–8:30 P.M.
 Stanford University School of Medicine, Dept. of Psychiatry/ Behavioral Sciences, 401 Quarry Rd, Rm. 2213

PALO ALTO — 3rd Sun. of month, 1:30–3:30 P.M.
 Parents of Vision Christian Group (FaithNet Model) for parents of youth up to 24 years w/mental health challenges. St Mark's Episcopal Church, Youth Rm. 600 Colorado Ave.
NOTE: No Mtgs. for the months: June, July, Aug. & Dec

♦ **For Peers*, Families and Friends**

SAN JOSE — 1st/3rd Thurs. of month, 7–8:30 P.M.
 SunriseValley Baptist, 5860 Blossom Av,

SAN JOSE — 2nd Fri. of Month, 7–8:30 P.M.
 Kaiser Permanente, 5755 Cottle Rd., Bldg. 23, Rm. 3

LOS ALTOS HILLS — 2nd Wed. of month, 6:15–8:30 P.M.
 Congregation Beth Am, Beit Kehillah, 26790 Arastradero Rd.

♦ **For Peers***

SAN JOSE — Every Sun., 3–4:30 P.M.
 Connections Recovery Support Group. NAMI-SCC, 1150 S. Bascom Av, Ste. 24.

♦ **For Spanish Families and Friends**

SAN JOSE — Last Fri. of month, 7–9:30 P.M.
 NAMI-SCC 1150 S Bascom Av, Ste. 24.

♦ **For Asian Peers* and Families**

SANTA CLARA (Mandarin) — 2nd Sat. of month, 4–6 P.M.
 River of Life Christian Church, 1177 Laurelwood Rd, E6.

CUPERTINO (Korean) — 4th Fri. of month, 12:30–2:30 P.M.
 Call for location. Kyo, 408-712-1149

MTN. VIEW (Mandarin) — 3rd Thurs. of month, 7–9 P.M.
 Chinese Christian Church. 175 E. Dana (Hwy 237/85).

Non-NAMI Community Support Groups

♦ **For Peers***

SAN JOSE — Every Wed., 10 A.M.–1 P.M.
 “Fireside Friendship Club,” ACT for Mental Health,, Life Skills Social Club for those w/mental disabilities & physical limitations. 441 Park Av. (upstairs/no elevator), 408-287-2640

SAN JOSE — DBSA Chapter / Every Sun., 1–3 P.M.
 Good Samaritan Hospital Auditorium, 2425 Samaritan Dr., Trailer Conference Room 1 is located in the parking lot behind Good Samaritan Hospital. Info: 408-831-1499 or go to www.dbsasanjose.org **NOTE:** Join our **online discussion forum** to reach out to other members outside of meeting times.

LOS GATOS — DBSA Chapter / Every Sat., 1–3 P.M.
 Young Adult (18-29), Peers* Support Group, Good Samaritan Hosp. at Mission Oaks, 15891 Los Gatos-Almaden Rd., 2nd Fl., Rm. 292. Info: 408-831-1499 or go to www.dbsasanjose.org

LOS GATOS — DBSA Chapter / Every Sat., 4–6 P.M.
 Good Samaritan Hosp. at Mission Oaks, 15891 Los Gatos-Almaden, 2nd Fl., Rm. 292. Info: 408-831-1499 or www.dbsasanjose.org

LOS GATOS — Every Wed., 1–2:30 P.M.
 Behavioral Health Outpatient/Older Adult (65+) Group Therapy. Good Samaritan Hosp. at Mission Oaks, 15891 Los Gatos-Almaden. **Intake and Referral, 408-559-2000**

LOS GATOS — Every Wed., 7–8:30 P.M.
 Body Image/Eating Disorders Group. Good Samaritan Hosp. at Mission Oaks, 15891 Los Gatos-Almaden Rd., EDRC Office. Drop-ins welcome. Info: 408-356-1212

SANTA CLARA — Last Wed. of month, 6–7:30 P.M.
 Voices, Visions, and Realities: SPBR Peers* Support Group, Santa Clara City Library, Sycamore Conference Room, 2635 Homestead Rd. Facilitators: **Sophia Huang** and **Bill Scholtz**
MTN. VIEW — DBSA Chapter / 1st, 3rd, 5th Sat. noon–2:00 P.M.
 Peers* Led Support Group, El Camino Hospital, 2500 Grant Rd., Info: 408-831-1499 or go to www.dbsasanjose.org/calendar

PALO ALTO — Every Mon., 1:15–3 P.M.
 Creative Writing (ongoing) for people with major depression/ bipolar disorder. Stanford Psychiatry Dept., 401 Quarry Rd. **Beth, 510-502-7770, www.writingthroughthedarkness.com**

PALO ALTO — DBSA Chapter / Every Wed., 6:30–8:30 P.M.
 VA Hospital, 3801 Miranda Ave., Hospital Bldg. 101, Rm. A2-200. Info: dbsapaloalto@gmail.com

♦ **For Families and/or Friends**

LOS GATOS — DBSA Chapter / Every Thurs., 6:30–8:30 P.M.
 Good Samaritan Hospital at Mission Oaks, 15891 Los Gatos-Almaden 2nd Fl, Rm.299. Info: 408-831-1499 or go to www.dbsasanjose.org

MTN. VIEW — DBSA Chapter / 2nd, 4th Sat. 10 A.M.–noon
 El Camino Hospital, 2500 Grant Rd. Info: 408-831-1499 or go to www.dbsasanjose.org/calendar

*** Peers - An Individual with a Mental Health Condition**

MTN. VIEW — 2nd/4th Sat. of month, 9:30–11 A.M.

Eating Disorders Support Group. El Camino Hosp., Conf. Rm. A, 2500 Grant Rd. Drop-ins welcome. Info.: **408-356-1212**

LOS ALTOS — 2nd Tues. of month, 7–8:30 P.M.

“Parent Chat,” a peers* support group for parents/caregivers of kids ages 14-24 w/mental health challenges. Orchard Rm, Los Altos Library, 13 San Antonio Rd. **Trudy, 650-208-9116**, or **Donna, 650-823-0997**

♦ **For Peers*, Families and Friends**

SAN JOSE — Every Wed., 6:30–8 P.M.

NOTE: No Mtg. for the month of June

Family Support & Wellness, WRAP® (Wellness Recovery Action Planning). All are welcome. 2221 Enborg Ln (enter through side patio door). **Diana.Guido@hhs.sccgov.org** or **408-792-2166**

SANTA CLARA — 1st Sat. of month, 10 A.M.–12 P.M.

For Peers* with OCD and their family members and friends, Santa Clara Central Park Library. 2635 Homestead Rd, Sycamore Rm., **Mary Weinstein, mpweins1@yahoo.com** or **(510) 220-8939. www.ocdsfbayarea.org**

MENLO PARK — Every Thurs., 6:30–8:30 P.M. (optional dinner, 6 P.M.) Christian support group. Menlo Church, 950 Santa Cruz Av. Info: **Jane Clark, 650-464-9033**

Other Groups

SAN JOSE — Every Tues., 5:00–6 P.M.

Domestic Violence Support and Empowerment Group. YWCA of Silicon Valley, 375 3rd St.. Info: **1-800-572-2782**

SAN JOSE — Every Fri., 3:30-5:00 P.M.

Support Group for Sexual Assault Survivors (through the Healing Ctr). YWCA of Silicon Valley, 375 3rd St.. Info: **408-295-4011 x 566**

SAN JOSE — 3rd Wed. of month, 11 A.M.–1 P.M.

Parents Helping Parents, for caregivers of children & teens with depression, anxiety and/or mood disorders. Sobrato Ctr for Nonprofits, 1400 Parkmoor Ave., #100. Info: **www.php.com** or **408-727-5775**

SAN JOSE — Every Mon., 6:30–8 P.M.

SCC Suicide/Crisis Services has ongoing drop-in Survivors of Suicide Grief Support Group for those who have lost loved ones to suicide. Call **Eddie Subega, 408-885-6216** to sign up.

SAN JOSE — Every Wed., 5:30–7:30 P.M.

Services for Brain Injury (SBI) hosts a *free* group for people with brain injuries & caregivers. 480 N First St. Info: **sbicare.org**

SAN JOSE — 4th Mon. of month, 6–7:30 P.M.

Mental Illness Overview for Families/Friends (No Peers*). This is a free, single-session educational class. Psychiatry Department Health Education Behavioral Health, Kaiser, 5755 Cottle Rd., Bldg. 3. Call **408-363-4843** to enroll.

SAN JOSE — Every Fri., 10:15–11:45 A.M.

Silicon Valley Independent Living Center (SVILC) hosts a free support group for those w/disabilities. 25 N 14th St. Suite 1000, 10th Fl. Info: **www.svilc.org** or **408-894-9041**

SAN JOSE — Suicide Bereavement Support Group

Finding one's way through the wilderness of grief after a suicide loss. Holy Spirit Church, 1200 Redmond Av, Parish Hall “Be Still Room.” Info: **Leah Harris 408-997-5110** or **lharris@dsj.org**

SANTA CLARA — Centre for Living with Dying

Individual & small-group grief support for those dealing with a life-threatening illness or death of a loved one. Info: **408-243-0222**

For Spanish-Speaking Support Groups

SAN JOSE — Every Sat., 5–6:30 P.M.

Family Support & Wellness, en español **W.R.A.P.** (Wellness Recovery Action Planning) for families. 2221 Enborg Lane. Contact: **Juan.Perez@hhs.sccgov.org** or **408-792-2166**

SAN JOSE — Every Sat., 11 A.M.–noon.

Men's support group, en español. **ACT for Mental Health**, 441 Park Ave. **Asminda Sousa, PhD., 408-287-2640**

SAN JOSE — Every Wed., 4–5:30 P.M.

Mi Grupo!: Compañeras, en español. YWCA of Silicon Valley, 375 S. 3rd St., **408-295-4011 x375**

SUNNYVALE — Every Thurs. 5–6:30 P.M.

Grupo De Apoyo Para Personas Afectadas Por Trauma, YWCA of Silicon Valley en español, 298 S. Sunnyvale Av, Ste. 105. **408-749-0793**

Asian Community Support Groups

SAN JOSE (Mandarin) — 1st Thurs of month, 7–8:30 P.M.

Momentum, 2001 The Alameda. **Jill Chen-Kuendig, 650-576-9712; Sunny Wang, 408-866-4015**

SAN JOSE (English) — 1st/3rd Thurs. of month, 7–9 P.M.

API (Asian Pacific Islanders) Adult/Young Adult Peer Support Grp. Group Facilitators: **Kevin Ip (kvnip@yahoo.com, 408-207-7385); Farah Gowani (farahgowani@gmail.com, 415-307-9786)** Call for location

SUNNYVALE (Mandarin) — 1st/3rd Fri. of month, 7:45–10 P.M.

Bible Study Format. 852 Shetland Pl., **Albert Wu, 650-701-3388**

Therapeutic Services / Self-Help Centers

We no longer list daily classes and groups offered by the four self-help centers for consumers. Please call for information, including upcoming events. Here is contact info for each center:

- ♦ **Zephyr Central County Self-Help Center 408-792-2140**
Dwtn Mental Health, 1075 E. Santa Clara St, SJ (Enter at rear)
- ♦ **Esperanza Self-Help Center 408-852-2460**
1235 First St, Gilroy

NOTE: You can view schedules for the Self-Help Centers here:

<https://www.sccgov.org/sites/mhd/Resources/Self-HelpCenters/Pages/default.aspx>

- ♦ **Grace Community Center 408-293-0422**
Northside Community Center 488 N. 6th St, SJ
<http://thefriendsofgrace.org>
- ♦ **Recovery Café San José 408-294-2963**
80 S. 5th St, SJ
www.recoverycafesj.org
info@recoverycafesj.org

NAMI-Santa Clara County Free Education and Support Programs

(For more information and/or to register, call the NAMI SCC Office)

EDUCATION PROGRAMS

Family-to-Family — 11-week course for family members who have a loved one with a mental illness (English, Spanish, Mandarin and Korean).

Peer-to-Peer — 10-week experiential course focusing on recovery for individuals 18 and over (English and Spanish).

Basics — 6-week course for parents and caregivers of minors who have a mental illness.

Homefront — 6-week program specifically for loved ones of military service members and veterans who experience symptoms of a mental health condition.

Provider — 5-week course for professionals who work with clients who have a mental illness.

PRESENTATIONS

In Our Own Voice: Living with Mental Illness (IOOV) — Presentations by trained peers* consumer-presenters to groups of peers*, family members, community groups, colleges and professionals.

Ending the Silence (ETS) — Presentations for high school students, teachers or parents about mental illness.

SUPPORT

Peer PALS (Peer Associate Leadership Support) — Trained PAL is paired with someone with like interests & of similar age who is in need of support from isolation; they engage in weekly activities (English and Spanish).

Community Peer Mentor Program — Trained Mentor is paired with someone who is currently hospitalized or in an outpatient program.

Connections Recovery Support Group — Adults living with mental illness share with others.

Family Support Groups — 16 NAMI-format groups in 5 languages (English, Spanish, Mandarin, Cantonese, Korean).

OTHER

FaithNet — Information resource for faith communities

Nature Walk — Peers* and family members meet on the 1st Sunday of the month to hike or participate in nature walks.

Our Mission

The mission and values of NAMI Santa Clara County are to help people with a lived experience of mental illness and families by providing support, education and advocacy; to promote research; to reduce stigma and discrimination in the community; and to improve services by working with health professionals and families.

NAMI-Santa Clara County, Community Resource & Support Center 1150 S. Bascom Av Ste 24, San Jose CA 95128-3509

MEMBERSHIP APPLICATION OR RENEWAL

NOTE: If this is a renewal, please indicate any changes in the following:

Name: _____

Street Address: _____ City: _____ State: _____ Zip: _____

Home Phone: _____ Work Phone: _____ E-Mail Address: _____

****You will receive your newsletter via email. Please provide us with an email address.****

Would you be interested in doing volunteer work at NAMI? If interested, call 408-453-0400, option #1

Please accept my annual individual membership at the following level: Please check one: ☐ New ☐ Renewal

Effective July 1, 2017: ☐ \$60 Household Membership ☐ \$40 Individual/Regular Membership ☐ \$5 Open Door

Please accept my additional donation(s): ☐ General Fund _____ ☐ Education Program _____ ☐ Other _____

☐ In Memory of _____ ☐ In Honor of _____

Total Amount Enclosed: \$ _____ (Make checks payable to NAMI Santa Clara County)

To pay online, go to [//www.namisantacalara.org](http://www.namisantacalara.org) and click on "Join NAMI."

Donate a vehicle today. To find out more, call **800-240-0160** or go to www.namisantacalara.org

NAMI-SCC welcomes your membership. Memberships are valid for one year. (Part of your membership dues enrolls you at NAMI State and National, which, in turn, automatically registers you as a member at all levels.) Your additional donations help ensure that we can maintain our office, as well as our education programs. Your membership and donations are tax deductible.

Tax #94-2430956