



Santa Clara County RESOURCE GUIDE

November 1, 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) **408-528-5353**
Athen Hong (Mandarin) **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.

Mobile Crisis Response Team **800-704-0900, option # 2**
Crisis assessment, intervention/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**

REACH Program **1-855-273-2248**
Assists youth/young adults ages 10-25, uninsured or Medi-Cal eligible in SCC, who are at clinical high risk for psychosis.

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**

Ongoing Services

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

NAMI-SCC 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**

NOTE: The information in this Resource Guide is presented in summary form as a supplement to, and *not* a substitute for, the knowledge, skill, and 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.

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**

LOS GATOS — 1st Tue 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 Tue 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)

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 Av, Ste 24
For more info: courtjailcaregroup@yahoo.com

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

PALO ALTO — 2nd Thurs of month, 7–8:30 P.M.

NOTE: Starting in Oct. New Day
Jewish Family & Children Services, 200 Channing Av

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

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 Av
NOTE: No mtg. Dec.

PALO ALTO — 4th Thurs. of month, 7–8:30 P.M.
NOTE: Starting in Oct. New Day
No Meetings in Nov. and Dec.
Stanford University School of Medicine, Dept. of Psychiatry/ Behavioral Sciences, 401 Quarry Rd, Rm 1211

◆ **For Peers*, Families and Friends**

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

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

SAN JOSE — 2nd Fri of month, 7–8:30 P.M.

◆ **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 Peers***

SAN JOSE — Every Sun, 3–4:30 P.M.
Connections Recovery Support Group. 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

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

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

Non-NAMI Community Support Groups

◆ **For Peers***

SAN JOSE — Meetings Daily including holidays at 5 P.M.
A DRA (Dual Recovery Anonymous) is a 12-step fellowship of men and women who meet to support one another in their recovery from two NO-FAULT illnesses at Crestwood Center, 1425 Fruitdale Av.
408-275-1010

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

GILROY — Every Tues, 6 P.M.–7 P.M.
Solutions to Violence team will be hosting a holistic support group focused on teaching healthy coping skills, and education participants on the impacts of stress and/or trauma. Community Solutions, 9015 Murray Av., Suite 100, **669-327-7920**

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**

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

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

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**

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

SAN JOSE — DBSA Chapter / Every Sun, 1–3 P.M.
Good Samaritan Hospital, 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

◆ **For Families and/or Friends**

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

LOS ALTOS — 2nd Tue 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**

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**

***Peers — Those with a mental health condition**

SAN JOSE — Every Wed, 6:30–8 P.M.

NOTE: No Meetings on Dec. 25 and Jan. 1, 2020

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 408-607-9406

MENLO PARK — Every Thu, 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.**

NOTE: No mtg. Nov. 28th, Dec. 26th & Jan 2nd.

Other Groups

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 — 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 Av, #100. Info: www.php.com or 408-727-5775

SOUTH SCC — Every Mon, 6–7:30 P.M. (Dinner Provided)

NOTE: Beginning Nov. 18, 2019

Support groups for parents and children (between 5-11) who have experienced trauma. Call 669-205-2023 to sign up and more details.

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.

SOUTH SANTA CLARA COUNTY — Every Tues, 4:30–5:30 P.M.

For Teens(12-18) who are survivors of Sexual Abuse Support Group. Call 669-327-7920 to sign up and more details..

SAN JOSE— Every Tue, 5–6 P.M.

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

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 — 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, Ste 1000, 10th Fl. Info: www.svilc.org or 408-894-9041

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 — 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

Spanish-Speaking Support Groups

SOUTH SANTA CLARA CO. — Every Tues, 4:30–5:30 P.M.

Para Adolescentes (12-18) que son sobrevivientes de abuso sexual, 669-327-7920 to sign up and more details..

GILROY — Every Tues, 6 P.M.–7 P.M.

a la Violencia organizará un grupo de apoyo holístico centrado en la enseñanza de habilidades de afrontamiento saludables. Community Solutions, 9015 Murray Av., Suite 100, 669-327-7920

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 Thu, 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

SAN JOSE — Every Sat, 11 A.M.–noon

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

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

Asian Community Support Groups

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

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

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

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

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

API (Asian Pacific Islanders) Adult/Young Adult Peer Support Grp. Facilitators: **Kevin Ip (kvnip@yahoo.com, 408-207-7385);** Call for location.

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**
Downtown 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

Find a
Support
Group
Near You



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

Community Peer Program

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 Mentors — Trained Mentor is paired with someone who is recently discharged from the hospital 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.namisantaclara.org](http://www.namisantaclara.org) and click on "Join NAMI."

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