

COVID-19 SUPPORT SERVICES

In response to “Shelter-In-Place” order issued by the County Health Officer, NAMI Santa Clara County (NAMI-SCC) is closed to the public. Many of us in the NAMI community are medically fragile we are committed to doing our part to protect our community. We regret the impact this will have on NAMI-SCC activities. In order to support our members, we have put together a list of resources to support you during this time.

The Warmline staff will continue to provide support to the community via phone and email:

- **Phone:** Call us at **408-453-0400 option 1**, Monday through Friday, 10:00am to 6:00pm.(Phone call only)
- **Email:** Email us with your questions or concerns at info@namisantaclara.org
- Visit our website, www.namisantaclara.org 24 hours a day, seven days a week, for resources and information about mental health

Local Emergency Numbers (24/7)

1. Mobile Crisis Response Team - **1-800-704-0900 Press 2**
2. Santa Clara County Suicide & Crisis Hotline - **1-855-278-4204**
3. National Suicide Prevention Helpline - **1-800-273-8255**
4. Crisis Text Line - Text **RENEW** to **741741**

TalkLines: Call the numbers below to for emotional support and find mental health resources

1. [SAMHSA’s National Helpline](http://www.samhsa.gov) – **1-800-662-HELP (4357)**
2. [Peer-Run Warmline](http://www.7cups.com) - **1-855-845-7415** – Offers 24/7 Emotional Support & referrals to callers and online chat visitors
3. Bill Wilson Center **Youth Crisis Line (ages 7-24)* 888-247-7717**
4. Bill Wilson Center **Contact Cares** (Depression, Anxiety, Grief, Loneliness, Parental Stress) **408-850-6125**

Online Emotional Support

- **NAMI-SCC Connections Recovery Groups:** The group will be available by conference call at the following times. Call **408-453-0400 x6050** to join the support group.
 - Every Sun, 3–4:30 P.M.
 - Mon, 7–8:30 P.M.
 - **NAMI Family Support Group:** March 17, 2020 Tuesday 7- 8:30 PM Call **408-453-0400 x6052** to join support groups over conference call.
 - **7 Cups** – www.7cups.com is an online 24/7 website (and also a mobile app) providing free support to people experiencing emotional distress
 - **Online Support Groups:**
 - Depression and Bipolar Support Alliance (DBSA) has online support groups: www.dbsalliance.org
 - Remote Google Hangout in San Jose: <https://www.meetup.com/dbsasanjose/>
- (cont’d on next page)

For any other resource, go to www.namisantaclara.org and look under Resources Menu.



- **Anxiety and Mood Disorders Support and Information Group**: Parents Helping Parents offers online family support group. Meets on March 18th 11 AM to 1 PM Please click this [link](#) to participate on Zoom: <https://zoom.us/j/517218624>
- **MyOCD online support group** at [HealthUnlocked](#): Connect with other members of the OCD community in order to both find and provide support for your shared experiences.(<https://healthunlocked.com/my-ocd>)
- [Meetup.com](#) has support groups for depression, anxiety. Look here for community support (cont'd on next page)
- **SupportGroups.com**: Website featuring 200+ online support groups. <https://www.supportgroups.com/online>

Other Support:

1. **Mental Health Urgent Care – Ph. 408-885-7855 871**
871 Enborg Court, SJ, Unit 100; Daily 8 A.M.–10 P.M.; Offer out-patient psychiatric care for patients who are uninsured or have Medi-cal/Medicare. No appointment needed.
2. **Santa Clara County Mental Health Services Call Center 1-800-704-0900** (for appointments, mental health resources)
3. **211 Santa Clara County** – Ph. 2-1-1 Free non-emergency, confidential 3-digit phone number/service for access to critical services (multilingual); www.211scc.org
4. [NAMI-SCC Resource Guide](#) page 1 for local resources.

COVID-19 Resource Tools: We have put together resources offered by different organizations to give you tools to manage your mental health during this public health crisis.

- **COVID-19 Resource Toolkit for people with OCD**: <https://iocdf.org/covid19/>
- **NAMI National's Coronavirus Information and Resource Guide**: Click on this [LINK](#) to download the pdf or go to <https://nami.org/About-NAMI/NAMI-News/2020/NAMI-Updates-on-the-Coronavirus> to download the guide.
- **Santa Clara County Behavioral Health's** resource on "[Coping with Stress During Infectious Disease Outbreaks](#)": To download the pdf document, click [HERE](#) or go to <https://www.sccgov.org/sites/bhd/Pages/home.aspx>