**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. People can come to the office or call in:  

1150 S Bascom Av #24  
San Jose, CA 95128  
M–F, 10 A.M.–6 P.M.  
408-453-0400, option #1  

**After-Hour Support x 4 / Evenings — Weekends**  

For Information in Other Languages:  
Juan Perez (se habla español)  
408-528-5553  
Athen Hong (Mandarin)  
408-996-1016

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**Santa Clara County Mental Health Emergency and Referral Information**  
Dial 911 & request a Crisis Intervention Team (CIT) officer. For nonemergency situations, call 311 San Jose and ask for CIT Officer.  

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

**Urgent Psychiatric Care**  
408-885-7855  
871 Enborg Court, SJ, 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.–8 P.M.  

**Mobile Crisis Response Team**  
800-704-0900, option # 2  
Crisis assessment, intervention/referrals M–F, 8 A.M.–8P.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.211sec.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  

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**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 less than $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  

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**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.

**NAMI-SCC Warmline Help Desk**

M–F, 10 A.M.–6 P.M. 408-453-0400, option #1

**NOTE:** During COVID-19 support groups are still available. See below or our Website for details.

♦ **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

**MTN VIEW** — 1st Tue of month, 7–8:30 P.M.

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

**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-Zoom.
https://bit.ly/1w-jcs-fsg. For more info: jcs@namisantaclaran.org

**GILROY** — 2nd Thu of month, 7–8:30 P.M.

**SAN JOSE** — 3rd Sun of month, 1:30–3:30 P.M.

**SAN JOSE** — 3rd Tue of month, 7–8:30 P.M.

**GILROY** — 4th Tue of month, 6:30–8 P.M.

**PALO ALTO** — 4th Tue of month, 7–8:30 P.M.

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

**SAN JOSE** — 1st/3rd Thu of month, 7–8:30 P.M.
SunriseValley Baptist Church, Phone Conference Line (ext. 6052).

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

♦ **For Peers* **

**SAN JOSE** — Every Sun, 3–4:30 P.M. & Mon, 7–8:30 P.M.
Every Thu, 7–8:30 P.M.
Connection Recovery Support Group, NAMI-SCC. For all groups call 408-453-0400 ext.6052 via Zoom Link.

♦ **For Spanish Families and Friends**

**SAN JOSE** — Every Fri of month, 7–9:30 P.M.

♦ **For Asian Peers* and Families**

**PALO ALTO** (Mandarin Chinese) — 2nd Sat of month, 4–6 P.M.
St. Thomas Aquinas Parish Office, 3290 Middlefield Rd,
Albert Wu, 650-701-3388, albert.wum@gmail.com

**MTN VIEW** (Mandarin) — 3rd Thu of month, 7–9 P.M.
Chinese Christian Church, 175 E Dana (Hwy 237/85)
Jen Hong, 408-996-1016, jenhong2007@yahoo.com

**CUPERTINO** (Korean) — 4th Fri of month, 12:30–2:30 P.M.
Call Kyō at 408-712-1149 via Zoom Access.

*Peers — Those with a mental health diagnosis

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**Non-NAMI Community Support Groups**

♦ **For Peers**

**SAN JOSE** — Meetings Daily incl. holidays at 5 P.M.
DRD (Dual Recovery Anonymous), a 12-step fellowship of men & women who support one another in their recovery from two NO-FAULT illnesses at Crestwood Ctr, 1425 Fruitdale Av, 408-275-1010

**SAN JOSE** — Multiple Meetings per week via Zoom/Skype
NEW: Depressed Anonymous (DA), a 12-step fellowship of men & women who want to overcome depression. Contact Kevin, 408-460-5707. www.depressedannon.org

**SAN JOSE** — DBSA Chapter / Every Sun, 1–3 P.M.
Good Samaritan Hospital, 2425 Samaritan Dr, Trailer Conference Rm 1 located in the parking lot behind Good Samaritan Hospital. Info: 408-831-1499 or go to www.dbsasanjose.org

**SAN JOSE** — Bay Area Hearing Voices / Every Mon, 6–8 P.M.

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

**LOS GATOS** — DBSA Chapter / Every Sat, 1–3 P.M. & 4–6 P.M.
1st Wed: Young Adult (18-29) Peers* Support Group,

**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.

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

**SAN JOSE** — Bay Area Hearing Voices / Every Tue, 6–8 P.M.
For info, go to www.bayareahearingvoices.org/the-warm-line.html or www.bayareahearingvoices.org/contact.html

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

**LOS ALTOS** — Every Wed, 7–8:30 P.M.
Body Image/Eating Disorders Group.
Good Samaritan Hospital at Mission Oaks, 15891 Los Gatos-Almaden.
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 Peer* Support Group,
Santa Clara City Library, Sycamore Conference Room,
2635 Homestead Rd. Facilitators: Sophia Huang & Bill Scholtz

♦ **For Families and/or Friends**

**SAN JOSE** — Bay Area Hearing Voices / Every Mon, 6–8 P.M.
Family support To attend this support group, go to www.bayareahearingvoices.org/bahvn-peer-groups.html and follow the instructions. For info contact www.bayareahearingvoices.org/contact.html

**LOS ALTOS** — 2nd Tue of month, 10–11:30 A.M.
NOTE: New Time, “Parent Chat”, walk-in, Los Altos Library (Room TBA), 13 S San Antonio Rd. Free, anonymous, peer-to-peer support for parents/caregivers of youth w/ mental health issues with Monique Kane, LMFT. Questions, Trudy at 650-559-9035

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**NEW:** NAMI SCC was formerly named NAMI Santa Clara County. NAMI SCC is the local chapter of the National Alliance on Mental Illness, providing support, education, and advocacy to families and individuals affected by mental illness. NAMI SCC provides a range of resources and support groups to help those living with mental illness and their families navigate the challenges of mental health care. Their mission is to educate the public and provide support to those affected by mental illness.

For more information or to find a support group near you, visit their website at https://www.namisc.org.
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, mwwein1@yahoo.com or 510-220-8939

For Peers*, Families and Friends
SAN JOSE — Every Wed, 6:30–8 p.m.
WRAP® (Wellness Recovery Action Planning), 2221 Enborg Ln (side patio). Diana.Guido@hhs.sccgov.org or 408-607-9406
MENLO PARK — Every Thu, 6:30–8:30 p.m. (opt. dinner 6 p.m.)
Christian support group. Menlo Church, 950 Santa Cruz Av. Info: Jane Clark, 650-464-9033
MTN VIEW — 2nd/4th Sat of month, 9:30–11 a.m.
Eating Disorders Support Group. El Camino Hospital, Conf Rm A, 2500 Grant Rd. Drop-ins welcome. Info: 408-356-1212

Other Groups
GILROY — 4th Mon of month, 6–7:30 p.m.: Jan 27-Dec 28, 2020
Survivors of Trauma-The Road to Self Sufficiency. Call for details. 408-776-6204 or rosio.francoc@communitysolutions.org
SAN JOSE — 4th Mon of month, 6–7:30 p.m.
SOUTH COUNTY — Every Mon, 6–7:30 p.m. (Dinner Provided)
Support groups for parents and children between 5-11 who have experienced trauma. Call 669-205-2023 for details.
SAN JOSE — Every Mon, 6:30–8 p.m.
SCC Suicide/Crisis Services has ongoing drop-in survivors of Suicide Grief Group for those who have lost loved ones to suicide. Call Eddie Subega, 408-885-6216 to sign up
SAN JOSE — Every Tue, 5–6 p.m.
Domestic Violence Support and Empowerment Group. YWCA of Silicon Valley, 375 S 3rd St. Info: 800-572-2782
PALO ALTO — Every Tue, 5:30–7:30 p.m.
Women’s Support Group, Empowering Rights of Victims, 375 Cambridge Av. Info: Evie Mata 408-841-4107
SAN JOSE — 3rd Wed of month, 11 a.m.–1 p.m.
Parents Helping Parents, for caregivers of children/teens with depression, anxiety &/or mood disorders. Sobrato Ctr for Nonprofits, 1400 Parkmoor Av, #100. Info: www.php.com, 408-727-5775
SAN JOSE — Every Wed, 5:30–7:30 p.m.
Women’s Support Group, Empowering Rights of Victims. 2202 N First St. Info: Evie Mata 408-841-4107
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: sbicares.org
PALO ALTO — 2nd Thru of month, 7–8:30 p.m.
Next Door Solutions to Domestic Violence has support groups for women, men & LGBTQ. Details: adhoraje@nextdoor.org or 408-501-7546. NOTE: There are also groups in SAN JOSE, MTN VIEW, SUNNYVALE
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.svlic.org or 408-894-9041
SAN JOSE — Every Fri, 3:30–5:00 p.m.
Support Group for Sexual Assault Survivors (thru the Healing Ctr). YWCA of Silicon Valley, 375 3rd St. Info: 408-295-4011x566
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

Teens & Young Adults Support Groups
SOUTH COUNTY — Every Tue, 4:30–5:30 p.m.
For Teens 12–18 who are survivors of Sexual Abuse. Call 669-327-7920 for details.
SAN JOSE — Every Tue/Wed, 6–7 p.m.
Next Door Solutions to Domestic Violence has support groups for teens. Tue: 10–14 year olds; Wed: 15–18 year olds. Details: adhoraje@nextdoor.org or 408-501-7546

Spanish-Speaking Support Groups
SOUTH COUNTY — Every Tue, 4:30–5:30 p.m.
Para Adolecentes (12-18) que son sobrevivientes de abuso sexual, 669-327-7920 for details.
GILROY — Every Tue, 6–7 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 Sat, 11 a.m.–noon
Men’s support group, en español. ACT for Mental Health, 441 Park Av. Asminda Sousa, PhD. 408-287-2640
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. Juan.Perez@hhs.sccgov.org or 408-792-2166
SAN JOSE — Every Sat, 5–6:30 p.m.
SAN JOSE, MTN VIEW, SUNNYVALE
Next Door Solutions to Domestic Violence support groups in Spanish. Details: adhoraje@nextdoor.org or 408-501-7546

Asian Community Support Groups
SAN JOSE (Mandarin) — 1st Thu of month, 7–8:30 p.m.
Momentum, 2001 The Alameda. JI Jill Chen-Kuendig, 650-576-9712; Sunny Wang, 408-866-4015

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
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). Info: ftf@namisantaclara.org

Peer-to-Peer — 10-week experiential course focusing on recovery for individuals 18 and over (English and Spanish). Info: ptp@namisantaclara.org

BASICS — 6-week course for parents and caregivers of minors who have a mental illness
Info: basics@namisantaclara.org

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

Provider — 5-week course for professionals who work with clients who have a mental illness.
Info: providercourse@namisantaclara.org

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. Info: IOOV@namisantaclara.org

Ending the Silence (ETS) — Presentations for high school students, teachers or parents about mental illness.
Info: ets@namisantaclara.org

SUPPORT

Community Peer Program — Peer Connectors and Peer Mentors work with Participants on health and wellness.

Connection 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.
Info: faithnet@namisantaclara.org

Nature Walk — Join Peers* and family members on the 1st Sunday of the month at 9–11 A.M. located At Campbell Park in Campbell. For info, call the Davé family at 408-946-4379.

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.**

Please accept my annual individual membership at the following level: Please check one: ☐ New ☐ Renewal
☐ $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 and click on “Join NAMI.”

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 membership and donations are tax deductible. Tax #94-2430956