



Santa Clara County RESOURCE GUIDE

October 7, 2020

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) 408-528-5353
Athen Hong (Mandarin) 408-996-1016

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.–8 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.

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
El Camino Hospital-Zoom. <https://bit.ly/tay-rsvp>

MTN VIEW — 1st Tue of month, 7–8:30 P.M.
El Camino Hospital-Zoom. <https://bit.ly/1w-mv-fsg>

PALO ALTO — 2nd Tue of month, 7–8:30 P.M.
Jewish Family & Children Services-Zoom. <https://bit.ly/pa-fsg>

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@namisantaclara.org

GILROY — 2nd Thu of month, 7–8:30 P.M.
St. Louise Regional Hosp.-Zoom. <https://bit.ly/2w-gilh-fsg>

SAN JOSE — 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. WestGate Church - Zoom. <https://bit.ly/pov-rsvp>

SAN JOSE — 3rd Tue of month, 7–8:30 P.M.
NAMI-SCC-Zoom. <https://bit.ly/3w-sj-fsg>

GILROY — 4th Tue of month, 6:30–8 P.M.
Gilroy Library-Zoom. <https://bit.ly/4w-glib-fsg>

PALO ALTO — 4th Tue of month, 7–8:30 P.M.
Stanford University School of Medicine, Dept. of Psychiatry/
Behavioral Sciences-Zoom. <https://bit.ly/4w-stan-fsg>

◆ **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.
NEW: 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.
NAMI-SCC, Zoom. <https://bit.ly/spanish-fsg>

◆ **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 Kyo at 408-712-1149 via Zoom Access.

*Peers – Those with a mental health diagnosis

Non-NAMI Community Support Groups

◆ **For Peers***

SAN JOSE — Meetings Daily incl. holidays at 5 P.M.
DRA (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.depressedanon.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

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.
Young Adult (18-29), Peers* Support Group, Good Samaritan Hospital 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

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 Tue, 6 P.M.–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 — 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 Hospital 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 Hospital 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 & Bill Scholtz**

◆ **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**

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. For questions, Call **Trudy** at **650-559-9035**

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.franco@communitysolutions.org

PALO ALTO — 2nd Thu 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 — 4th Mon of month, 6–7:30 P.M
Mental Illness Overview for Families/Friends (No Peers*). A free,
single-session educational class. Psychiatry Dept Health Education
Beh. Health, Kaiser, 5755 Cottle Rd, Bldg 3. Call **408-363-4843**

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 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**

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: 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 (thru the Healing Ctr).
YWCA of Silicon Valley, 375 3rd St. Info: **408-295-4011x566**

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.

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**

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**

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 Adolescentes (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 Wed, 4–5:30 P.M
Mi Grupo!: Compañeras, en español. YWCA of Silicon Valley,
375 S 3rd St, **408-295-4011 x375**

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.
Family Support & Wellness, en español **W.R.A.P. (Wellness
Recovery Action Planning)** for families. 2221 Enborg Lane.

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. **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](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

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)

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.

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@namisantaclara.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 — 17 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**