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  800-784-0900, 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.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
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
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

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.namisanscala.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 for more 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@namisantaclara.org

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 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
Depressed Anonymous (DA), a 12-step fellowship of men & women who want to overcome depression. Contact Kevin, 408-460-5707.
www.depresseddanon.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.
1 P.M: Young Adult (18-29) Peers* Support Group
4 P.M: Adult 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

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
www.dbsasanjose.org

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 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.
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

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 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 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

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

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 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.

SAN JOSE, MTN VIEW, SUNNYVALE
Next Door Solutions to Domestic Violence support groups in Spanish. Details: adhoraje@nextdoor.org or 408-501-7546

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

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

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 — 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 S 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

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

♦ 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.*

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**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: [ttf@namisantaclara.org](mailto:ttf@namisantaclara.org)

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

**BASICS** — 6-week course for parents and caregivers of minors who have a mental illness. Info: [basics@namisantaclara.org](mailto: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](mailto:homefront@amisantaclara.org)

**Provider** — 5-week course for professionals who work with clients who have a mental illness. Info: [providercourse@namisantaclara.org](mailto:providercourse@namisantaclara.org)

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**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](mailto:IOOV@namisantaclara.org)

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

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**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).

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**OTHER**

**FaithNet** — Information resource for faith communities. Info: [faithnet@namisantaclara.org](mailto:faithnet@namisantaclara.org)

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

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**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: _______________________________________

**Please accept my annual individual membership at the following level:**

☐ $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.”

NAMI-Santa Clara County 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 ID #94-2430956**