



Santa Clara County RESOURCE GUIDE

September 24 2021

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 call the office:

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

After-Hours 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
2221 Enborg Ln, 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)

Cultural Communities Wellness Program (CCWP)
1075 E Santa Clara St, San Jose 408-792-3912
Office of Family Affairs 408-792-2166

211 Santa Clara County
Free nonemergency, confidential 3-digit phone number/service for access to critical services (multilingual); www.211sc.org

Uplift Family Services (formerly EMQ FamiliesFirst)
Child/Adolescent Mobile Crisis Program 408-379-9085
Crisis Line 1-877-412-7474
Uplift Family Services Crisis Stabilization Unit 408-364-4083

CalHope Connect Live Chat Line: www.calhopeconnect.org
Safe, secure and culturally sensitive emotional support for all Californians who may need support relating to COVID-19.

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 Ctr-Contact Cares-age 7-24 Crisis Line 408-850-6125

In Crisis: Text RENEW to 741741
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—Advice Nurse 1-800-455-0057#4

Veteran's Crisis Line-24/7 1-800-273-8255

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#1
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) **M-F 8 A.M.-5 P.M.**

Automated Info 877-962-3633
Benefits 408-758-3800
Only Medi-cal 408-758-3300

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 more details.

◆ **For Family Members and Friends**

LOS GATOS — 1st Wed of month, 7–8:30 P.M.
 Transition Age Youth (TAY/14-24 years) Family Support Group.
 El Camino Hospital—Register at <https://bit.ly/tay-rsvp>

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

SAN JOSE — 1st Wed of month, 6–7:30 P.M.
 Family Jail Support group for loved ones of those who are currently or were formerly incarcerated. NAMI SCC—Register at <https://bit.ly/1w-jcs-fsg>. For more info: jcs@namisantaclara.org

PALO ALTO — 2nd Tue of month, 7:45–9:15 P.M.
 Jewish Family & Children’s Services—Register at <https://bit.ly/pa-fsg>

SAN JOSE — 3rd Sun of month, 1:30–3:30 P.M.
 Families of Vision Christian Group (**FaithNet Model**) for families of loved ones w/mental health challenges. WestGate Church—Register at <https://bit.ly/pov-rsvp>

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

PALO ALTO — 4th Tue of month, 7:45–9:15 P.M.
 Stanford University School of Medicine, Dept. of Psychiatry/ Behavioral Sciences. Register at <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 (408-453-0400 ext. 6052).

SAN JOSE— 2nd Fri of month, 7–8:30 P.M.
 Kaiser Permanente—Register at <https://bit.ly/2w-kaiser-fcsg>

◆ **For Peers***

SAN JOSE — Every Sun, 3–4:30 P.M., every Mon, 7–8:30 P.M., every Thu, 7–8:30 P.M.
 Connection Recovery Support Group, NAMI-SCC. For all groups, join by calling 669-900-6833, Zoom meeting number 306 350 970, or visit <https://namisantaclara.org/nami-scc-connection-recovery-support-group/>

◆ **For Spanish Families and Friends**

SAN JOSE — Every Fri of month, 7–9:30 P.M.
 NAMI-SCC, Register at <https://bit.ly/spanish-fsg>

◆ **For Asian Peers* and Families**

PALO ALTO (Mandarin, Chinese) — 2nd Sat of month, 4–6 P.M.
 Currently meeting via Zoom. Albert Wu, 650-701-3388 (Texts are welcome) E-mail 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 Thu of month, 7:30–9 P.M.
 Call Kyo at 408-712-1149 via Zoom access.

Non-NAMI Community Support Groups

◆ **For Peers***

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.depressedanon.org

SAN JOSE — DBSA Chapter / Every Sun, 1–3 P.M.
 Meets Online. Info: <http://dbsasanjose.org/support-groups> or www.dbsasanjose.org

SAN JOSE — Bay Area Hearing Voices / Every Mon, 6–8 P.M.
 Peer support groups for adults, family members and TAY (18-24 yrs old). Separate groups for TAY & adults. Info at <http://www.bayareahearingvoices.org/bahvn-peer-groups.html>

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

PALO ALTO — DBSA Chapter / Every Wed, 6:30–8:30 P.M.
 VA Hospital, 3801 Miranda Av, Hospital Bldg 101, Rm A2-200. Go to info.dbsapaloalto@gmail.com to receive login details for Zoom access. <http://dbsapaloalto.org/>

LOS GATOS — Every Wed, 7–8:30 P.M.
 Body Image/Eating Disorders Group. Drop-ins welcome. Online at <https://edrcsv.org/get-help/support-groups/> Info: 408-356-1212

SUNNYVALE — Every Wed, 8 P.M.
 Support group for adults via Zoom; facilitated by Alex Provda, MFT, and Charles Chadwick, MSW intern. For info or to RSVP (\$15 per session), call 707-847-6451 or email Charles Chadwick at cchadwick@lighthouseofhopec.org

◆ **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.
 “Parent Chat.” Free, anonymous, peer-to-peer support for parents/caregivers of youth w/mental health issues. Questions: email [Trudy at trudy.palmer@me.com](mailto:trudy.palmer@me.com)

For Peers, Families and Friends

SAN JOSE — Every Wed, 6:30–8 P.M. Postponed.
 Call Diana.Guido@hhs.sccgov.org or 408-607-9406 for 1-on-1 support.

SANTA CLARA — 1st Sat of month, 10 A.M.–noon
 For Peers* with OCD and their family members and friends. Mary Weinstein, mpweins1@yahoo.com for via Zoom access.

MTN VIEW — Every Sat of month, 9:30-11 A.M.
 Eating Disorders Support Group, Online. Drop-ins welcome. Info: 408-356-1212, <https://edrcsv.org/get-help/support-groups/edrc-family-and-friends-support-group/>

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

Other Groups

SAN JOSE – 1st Mon of month, 10-11:15 A.M
3rd Mon of month, 6-7:15 P.M

Free bi-weekly trans nonbinary GNC virtual peer support group, 18+. In partnership with SCVMC and Gender Health Center. Questions? Please email [Wellness at \[lgbtqwellness@fcservices.org\]\(mailto:Wellness@fcservices.org\)](mailto:Wellness@fcservices.org) or Zoom. bit.ly/3i5Fp9L

SAN JOSE– Mon., Tues., Wed., Thu., Sat.
 Next Door Solutions to Domestic Violence has support groups for women, men, teens and LGBTQ. Details at www.nextdoor.org or call **408-501-7550** to sign up for a specific (virtual) meeting.
NOTE: There are also groups in Spanish.

SAN JOSE — 4th Mon of month, 6–7:30 P.M Postponed
 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, GILROY — Every Mon 9:30–10:30 A.M.
Silicon Valley Independent Living Center (SVILC) hosts a free online support peer group called “Coffee Klatch” for persons w/ disabilities; other workshops on various topics, incl. housing. Go to www.svilc.org or call **408-894-9041** or email info@svilc.org with your full name and name of workshop you are interested in.

SOUTH COUNTY — Every Mon, 6–7:30 P.M. (Dinner provided)
Postponed 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. Postponed
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 at 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. Referral & Info: **800-572-2782**

SAN JOSE, PALO ALTO — Every Tue, 5:30–7:30 P.M.
 Family & Children’s Services of Silicon Valley/Caminar. Domestic violence survivor’s support group. Info: www.fcservices.org
 Call **650-326-6576 x5436** to sign up for sessions. (Spanish language groups available)

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. Reserve for zoom link at <https://www.php.com/event/anxiety-and-mood-disorders-online-support-information-group-for-parents-3/>
 Info: www.php.com or call **408-727-5775**.

SAN JOSE— Every Wed, 4:10-5:10 P.M.
 Support group for survivors of sexual assault. YWCA Golden Gate Silicon Valley, via Zoom access. Call **800-572-2782**

SANTA CLARA — Centre for Living with Dying
 Individual & small-group grief support for those dealing w/life-threatening illness or death of a loved one. Info: **408-243-0222**
 via **.Zoom Access**

Teens & Young Adults Support Groups

SAN JOSE — Every Tue, 6–7 P.M.
 Next Door Solutions to Domestic Violence has support groups for Youth 10-18. Call **408-279-2962** via Zoom access.

LOS GATOS — DBSA Chapter / Every Sat, 1–3 P.M.
 Young adult (18-29) peers* support group. Meeting Link: <https://www.meetup.com/dbsasanjose/events/vjwddsyccfbrb/>
 Info: www.dbsasanjose.org

Spanish-Speaking Support Groups

SAN JOSE – 2nd Mon of month, 10:00-11:15 A.M
4th Mon of month, 6:00-7:15 P.M.

Free bi-weekly Trans Non-Binary GNC virtual peer support group, 18+. In partnership with SCVMC and Centro de Salud de Genero. Questions? Email [Wellness at \[lgbtqwellness@fcservices.org\]\(mailto:Wellness@fcservices.org\)](mailto:Wellness@fcservices.org) or Zoom. bit.ly/3cqZRAr

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** Cost: Two 1 to 1 individual therapy sessions at \$75 each, plus \$25 per group meeting for joining the group. Insurance is accepted..

SAN JOSE, MTN VIEW, SUNNYVALE
Next Door Solutions— Various Domestic Violence Support Groups are available in Spanish. Details: adhorage@nextdoor.org or **408-501-7546**

Asian Community Support Groups

SAN JOSE (Mandarin)
 Call **Jill Chen-Kuendig, 650-576-9712** or **Sunny Wang, 408-866-4015** for more info.

Therapeutic Services / Self-Help Centers

Due to COVID-19, the following services may be closed or meeting remotely. Please call their offices for further info.

- ◆ **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
info@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)

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 — 8-week course for family members who have a loved one with a mental illness (English, Spanish, Mandarin, Korean). Info: fff@namisantaclara.org

Peer-to-Peer — 9-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. Info: CPP@namisantaclara.org

Connection Recovery Support Group — Adults living with mental health conditions 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

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-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**