NAMI-SCC Helpline Desk
The Helpline 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.–7 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.–5 P.M.
Ext.-1 Suicide Hotline
Ext.-2 Mobile Crisis Services
Ext.-3 Urgent Mental Services
Ext. 4 Referral to Mental Health/Substance Use Services
Ext. 5 General Information
Ext. 6 Complaint/Grievances
Ext. 7 Assisted Outpatient Services/AOT

NOTE: These options are offered in other languages.

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.211scc.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, who are at clinical high risk for psychosis.

Bill Wilson Ctr—Contact Careg-ages 7-24 Crisis Line 408-850-6125
In Crisis: Text RENEW to 741741
Speak confidentially with a Crisis Counselor

Law Foundation of Silicon Valley
Free legal help (advice, representation, referrals, assistance for housing, government benefits and patients’ rights services) for mental health patients’ rights 408-294-9730; 408-293-4790

VA Referrals—Advice Nurse 1-800-455-0057, 4
Veteran’s Crisis Line-24/7 1-800-273-8255

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.namisantacal.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 Helpline 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


- **MTN VIEW** — 1st Tue of month, 7–8:30 P.M. El Camino Hospital Register at [https://bit.ly/1w-mv-fsg](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](https://bit.ly/1w-jcs-fsg). For more info: jcs@namisantaclaralara.org


### For Peers*, Families and Friends

- **SAN JOSE** — 1st/3rd Thu of month, 7–8:30 P.M. Sunrise Valley Baptist Church, Phone Conference Line (408-453-0400 ext. 6052).


### For Peers* and Families

- **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://namisantaclaralara.org/nami-scc-connection-recovery-support-group/](https://namisantaclaralara.org/nami-scc-connection-recovery-support-group/)

### For Spanish Families and Friends


### 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](mailto: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](http://www.depressedanon.org)

  - **SAN JOSE** — DBSA Chapter / Every Sun, 1–3 P.M. Meets Online. Info: [http://dbsasanjose.org/support-groups](http://dbsasanjose.org/support-groups) or [www.dbsasanjose.org](http://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](http://www.bayareahearingvoices.org/bahvn-peer-groups.html)

  - **LOS GATOS** — Every Wed, 1–2:30 P.M. Behavioral Health Outpatient/Adult 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](mailto:info.dbsapaloalto@gmail.com) to receive login details for Zoom access. [http://dbsapaloalto.org/](http://dbsapaloalto.org/)


  - **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 echadwick@lighthouseofhopecc.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](http://www.bayareahearingvoices.org/bahvn-peer-groups.html) and follow the instructions. For info, contact [www.bayareahearingvoices.org/contact.html](http://www.bayareahearingvoices.org/contact.html)

  - **LOS ALTOS** — 2nd Tue of month, 10–11:30 AM. “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

### For Families, Peers, and Friends

- **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](mailto:mpweins1@yahoo.com) for via Zoom access.


*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 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

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 660-205-2023 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.

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 or Zoom bit.ly/3cqZRAT

BAY AREA — 2nd and 4th Wed of month, 5–6 P.M.
Free Spanish-language support group from Supporting Mamas. Ajustándonos a la maternidad, grupo gratuito de apoyo emocional. Nos reuniremos online via Zoom https://tinyurl.com/ALMATERNIDAD. También puede contactar: sandra.vas.conde@gmail.com; www.supportingmamas.org

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: adhoraje@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 open 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/SelfHelpCenters/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
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: ftf@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