### Santa Clara County Behavioral Health Emergency and Referral Information

#### Crisis and Suicide Prevention Line
1-800-704-0900 (ext. #1)

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

#### Urgent Psychiatric Care
2221 Enborg Ln, SJ, Unit 100; Daily 8 A.M.–7 P.M.; walk in
408-885-7855

#### Behavioral Health Call Center
1-800-704-0900
24/7 on-call staff; provides info/referrals M–F, 8 A.M.–5 P.M.

**Ex. 1** Urgent Mental Services, Mobile Crisis Response Services, Suicide Prevention Hotline

**Ex. 2** Referral to Mental Health/Substance Use Services

**Ex. 3** Assisted Outpatient Treatment (AOT)

**Ex. 4** General Information/Peer Navigator

**Ex. 5** Complaint/Grievance/Appeal

**NOTE:** These options are offered in other languages.

### In Crisis: Text RENEW to 741741
Speak confidentially with a Crisis Counselor

### 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](http://www.211scc.org)

### Pacific Clinics (formerly Uplift Family Services)

<table>
<thead>
<tr>
<th>Service</th>
<th>Phone Number</th>
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</thead>
<tbody>
<tr>
<td>Child/Adolescent Mobile Crisis Program</td>
<td>408-379-9085</td>
</tr>
<tr>
<td>Crisis Line</td>
<td>1-877-412-7474</td>
</tr>
<tr>
<td>Crisis Stabilization Unit</td>
<td>408-364-4083</td>
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</tbody>
</table>

### 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 Cares (ages 7-24) Crisis Line
408-850-6125

### Law Foundation of Silicon Valley
Free legal help (advice, representation, referrals, housing assistance, gov’t benefits, patients’ rights) for mental health patients’ rights
408-294-9730; 408-293-4790

### VA Referrals—Advice Nurse
1-800-455-0057 x4

### Veterans Crisis Line-24/7
1-800-273-8255

### New Lifestyles—The Source for Senior Living Magazine
1-800-869-9549

### Ongoing Services

<table>
<thead>
<tr>
<th>Service</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>SCC Family &amp; Children’s Services</td>
<td>408-292-9353</td>
</tr>
<tr>
<td>NAMI-SCC Office (Resources, support)</td>
<td>408-453-0400 x1</td>
</tr>
<tr>
<td>Sourcewise Community Resource Solutions</td>
<td>408-350-3200 x1</td>
</tr>
</tbody>
</table>

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 $2000 of assets excluding a car; provides monthly cash payments.

### Medi-Cal

- **Eligibility:** For those with low income & limited resources, this is a joint federal/state program that helps with medical costs. Medicaid programs vary 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

**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

<table>
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<tr>
<th>Service</th>
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<tbody>
<tr>
<td>Loans, CalFresh and Medi-Cal</td>
<td>1-877-962-3633</td>
</tr>
</tbody>
</table>

**Automated Info**

**Benefits**
408-758-3800

**Only Medi-Cal**
408-758-3300

### Sourcewise Community Resource Solutions
Care management; information & awareness; health insurance counseling & advocacy program; senior employment services; and Meals on Wheels

### NAMI-SCC Helpline
The Helpline 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 x1
- **After-Hours (Evenings/Weekends)** 408-996-1016

### NAMI-SCC Office (Resources, support)
408-453-0400 x1

### SCC Helpline

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<tr>
<td>Ext. 1 Complaint/Grievance/Appeal</td>
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<td>Ext. 2 General Information/Peer Navigator</td>
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<td>Ext. 5 General Information/Peer Navigator</td>
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<td>Ext. 7 Information/Peer Navigator</td>
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<td>Ext. 13 General Information/Peer Navigator</td>
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<tr>
<td>Ext. 14 General Information/Peer Navigator</td>
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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 healthcare professionals. If you have health, medical, or disability questions, please consult a physician or other healthcare professional. Information about additional community resources and support groups throughout Santa Clara County are also online on our website, [www.namisantaclara.org](http://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 Helpline
M–F, 10 A.M.–6 P.M. 408-453-0400 option 1

NOTE: Observers (e.g., media, researchers, students) are NOT PERMITTED to attend or audit any NAMI SCC class or support group as the information shared in the group is confidential.

♦ For Family Members and Friends-Online
1st Tue of month, 7–8:30 P.M. Register at https://bit.ly/1w-mv-fsg
1st Wed of month, 6:30–8:00 P.M. Family Jail Support Group for loved ones of those who are currently or were formerly incarcerated. Register at https://bit.ly/1w-jcs-fsg. For info: jcs@namisantaclara.org
3rd Tue of month, 7:30–9:00 P.M. Register at https://bit.ly/4w-stand-group
4th Tue of month, 7:30–9:00 P.M. Register at https://bit.ly/4w-stand-fsg

♦ For Peers*
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
Every Fri, 7–9:30 P.M., Register at https://bit.ly/spanish-fsg

♦ For Asian Peers* and Families
(Korean) — 4th Thu of month, 7:30–9 P.M. Call Kyo at 408-712-1149 for online access.
(Mandarin, Chinese) — 2nd Sat of month, 4–6 P.M. Online Access. Albert Wu, 650-701-3388 (Texts is welcome) Email albert.wun@gmail.com

♦ NAMI SF support group for Siblings
2nd Wed of month, 5:30 P.M. – 7 P.M.
Sibling Support Group (age 14+). Register Here

Non-NAMI Community Support Groups

♦ For Peers*
Multiple Meetings per week via Zoom/Skype, Depressed Anonymous (DA), a 12-step fellowship of men & women who want to overcome depression. www.depressedanon.com
Every Sun, 1–3 P.M. DBSA Silicon Valley Chapter / Meets Online. Info: www.meetup.com/dbasasiliconvalley/
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
DBSA Chapter / Every Wed, 6:30–8:30 P.M. Go to info.dbsapaloalto@gmail.com to receive login details for Online access. http://dbsapaloalto.org/
Every Wed, 8 P.M. Support group for adults via Zoom; facilitated by Alex Provia, 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
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
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

For Peers*, Families and Friends
1st Sat of month, 10 A.M.–noon For Peers* with OCD and their family members and friends. Mary Weinstein, mwpeins1@yahoo.com for via Zoom access.
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+. Questions? Please email Wellness at lgbtqwellness@fcservices.org or Zoom. bit.ly/3i5Fp9L
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
Mon, Tues., Wed., Thu., Sat. 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.

*Peers — Those with a mental health diagnosis
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/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
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 — 12 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: __________________________

Please accept my annual individual membership at the following level: Please check one:

☐ $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