



Santa Clara County RESOURCE GUIDE

April 18, 2023

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

Walk-in Hours: M-F, 10 AM.-2 P.M.

After-Hours (Evenings/Weekends) x4

For Information in Other Languages:

Juan Perez (se habla español) 408-528-5353
Athen Hong (Mandarin) 408-996-1016

Santa Clara County Behavioral Health Emergency and Referral Information

Crisis and Suicide Prevention Line 988

(408, 669, 650 Area Code)

All other Area Codes call — 1-800-704-0900 x1

Police Emergency—Ask for (CIT) Officer 911
Crisis Intervention Team

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

Behavioral Health Call Center 1-800-704-0900

24/7 on-call staff; provides info/referrals M-F, 8 A.M.–5 P.M.

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

Ext. 2 Referral to Mental Health/Substance Use Services

Ext. 3 Assisted Outpatient Treatment (AOT)

Ext. 4 General Information/Peer Navigator

Ext. 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

Pacific Clinics (formerly Uplift Family Services)

Child/Adolescent Mobile Crisis Program 408-379-9085

Crisis Line 1-877-412-7474

Crisis Stabilization Unit 408-364-4083

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
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 x1

Sourcewise Community Resource Solutions 408-350-3200 x1
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 1-800-300-5616

Eligibility: Job loss www.edd.ca.gov

State Disability Insurance (SDI) 1-800-480-3287

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 1-877-962-3633

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 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.namisantacleara.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 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>. Info: jcs@namisantaclara.org

1st Wed of month, 7–8:30 P.M.

Transition Age Youth (TAY/14-24 years) Family Support Group. Register at <https://bit.ly/tay-rsvp>

2nd Tue of month, 7:30–9:00 P.M.

Register at <https://bit.ly/pa-fsg>

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. Register at <https://bit.ly/pov-rsvp>

4th Tue of month, 7:30–9:00 P.M.

Register at <https://bit.ly/4w-stan-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/>

1st and 3rd Wed of month, 7–8:30 P.M. (PST)

This no-cost, confidential support group via Zoom offers respect, understanding, encouragement, and hope for peers 18 and older. This group is facilitated by peers* who identify as persons of color. Registration link for https://bit.ly/namisc-poc_register

2nd and 4th Wed of month, 7–8:30 P.M. (PST)

This no-cost, confidential support group via Zoom offers respect, understanding, encouragement, and hope for peers* 18 and older. This group is facilitated by Spanish-speaking peers. Registration link for https://bit.ly/namisc_conexion

◆ **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 are welcome) E-mail albert.wum@gmail.com

◆ **NAMI San Francisco Support Groups**

2nd Wed of month, 5:30 P.M.–7 P.M.

Support Group for Siblings (age 14+). [Register Here](#) or Website: www.namif.org

4th Wed of month, 5:00 P.M.–6:30 P.M

Support Group for Adults whose parents/grandparents have mental health issues. [Register Here](#) or website: see above

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/dbasiliconvalley/

Every Sun, 6:30–7:30 P.M.

NOTE: Binge Eating & Bulimia, “Details to come”

If interested, please email, kanika@edrcsv.org

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, 7–8:30 P.M.

Body Image/Eating Disorders Group. Drop-ins welcome. Online at To RSVP Visit <https://edrcsv.org/support-groups/edrc-body-image-and-ed-support-group/> Info: 408-356-1212

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

Every Thurs, 6:30-8 P.M.

Body Image/Eating Disorders Group. Contact jennifer@mpedc.com

◆ **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](mailto: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, mpweins1@yahoo.com for via Zoom access.

Every Sat , 9:30–11 A.M.

Eating Disorders Support Group, Online. Drop-ins welcome. Info: 408-356-1212, To RSVP visit <https://edrcsv.org/support-groups/edrc-body-image-and-ed-support-group/>

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

Free biweekly trans nonbinary GNC virtual peer support group, 18+. Questions? Please email [Wellness at lgbtqwellness@fcservices.org](mailto:Wellness@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 (ages 18-24). Separate groups for TAY & adults. Info at <http://www.bayareahearingvoices.org/bahvn-peer-groups.html>

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

Other Groups

Online peer support group called “Coffee Klatch” for persons with disabilities; other workshops on various topics, incl. housing. Go to www.svilc.org, call 408-894-9041, or email info@svilc.org with your full name and name of workshop you are interested in.

Every Mon 9:30–10:30 A.M. free Bay Area Hearing Voices / **Every Mon, 6–8 P.M.**

Peer support groups for adults, family members, and TAY (ages 18-24). Separate groups for TAY & adults. Info at <http://www.bayareahearingvoices.org/bahvn-peer-groups.html>

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

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)

1st Wed of month, 6:30–8 P.M.

GRASP (Grief Recovery After a Substance Passing). Provides help, compassion, and understanding for individuals and families who have had someone die because of substance abuse or addiction. For info about the Willow Glen group, contact **Konne Ainsworth**, teacherkonne@yahoo.com or 408.718.9284. For info about the Los Altos group, contact Elizabeth at eshow818@gmail.com

3rd Wed of month, 10–11:30 A.M. Parents Helping Parents

For caregivers of children/teens with depression, anxiety &/or mood disorders. Reserve for zoom link at [CLICK HERE](#).

Info: www.php.com or call 408-727-5775

Every Wed, 4:10–5:10 P.M.

Support group for survivors of sexual assault. Online access. Call 800-572-2782

Individual & small-group grief support for those dealing w/life-threatening illness or death of a loved one. Info: 408-243-0222 for online access.

Teens & Young Adults Support Groups

Every Tue, 6–7 P.M.

Next Door Solutions to Domestic Violence has support groups for Youth 10-18. Call 408-279-2962 for online access.

DBSA Chapter / Every Sat, 1–3 P.M.

Young adult (18-29) peers* support group. Meeting Link: <https://www.meetup.com/dbsasanjose/events/vjwddsycfbrb/>
Info: www.dbsasanjose.org

Spanish-Speaking Support Groups

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

Free bi-weekly Trans nonbinary GNC virtual peer support group, 18+. Questions? Email Wellness at lgbtqwellness@fcservices.org or Online Access bit.ly/3cqZRAT

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 <https://tinyurl.com/>

ALMATERNIDAD. También puede contactar:

sandra.vasconde@gmail.com; www.supportingmamas.org

Every Tues of month, 5 P.M.

Free men’s support group en español. Call 408-287-2640 for online access.

Every Sat of month, 11 A.M.

Free women’s support group en español. Call 408-287-2640 for online access.

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/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 an adult loved one (age 18 and over) with a mental health condition (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 — 14 NAMI-format groups in 5 languages (English, Spanish, Mandarin, Cantonese, Korean).

OTHER

FaithNet — Information resource for faith communities.

Info: faithnet@namisantaclara.org

NAMI-Santa Clara County
Community Resource & Support Center
1150 S Bascom Av #24, San Jose, CA 95128
Ph: 408-453-0400 Fax: 408-453-2100

Website: www.namisantaclara.org

Email: office@namisantaclara.org

Office Hours: 10 A.M.–6 P.M. M–F

To reach our Helpline, call 408-453-0400, option 1;
After hours, press option 4.



JOIN AND BECOME A NAMI MEMBER NOW!

NAMI membership enables you to subscribe to the latest mental health updates, participate in online discussion groups, learn how to advocate in your community and add your voice to the mental health movement.

[JOIN NAMI NOW!](#)