



# Santa Clara County RESOURCE GUIDE

August 30, 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](http://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](http://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](http://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)

San Jose, 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**  
408-758-3800

**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 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@namisantaclar.org](mailto:jcs@namisantaclar.org)

**1st Wed of month, 7–8:30 P.M.**

Transition Age Youth (TAY/up to age 26 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://namisantaclar.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 are welcome)

E-mail [albert.wum@gmail.com](mailto:albert.wum@gmail.com)

◆ **NAMI San Francisco Support Groups**

**2nd Wed of month, 5:30– P.M.**

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

**4th Wed of month, 5:00–6:30 P.M.**

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

◆ **NAMI San Mateo Support Group**

**2nd Mon of month, 7-8:30 P.M.**

Support group for parents of youth and young adults (ages 6-26) To register, email: [Parentsofyouth@namisanmateo.org](mailto:Parentsofyouth@namisanmateo.org)

**2nd Tues of month, 6-7:30 P.M.**

Family Support Group meets in person at South County Mental Health Clinic, 802 Brewster Ave, Redwood City. No pre-registration required. Walk-ins welcome. For more information, email:

[southcountynfsg@gmail.com](mailto:southcountynfsg@gmail.com)

**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](http://www.depressedanon.com)

**DBSA Palo Alto Chapter / Every Sun, 1–3 P.M.**

Go to [info@dbsapaloalto.org](mailto:info@dbsapaloalto.org) to receive login details for Online access. <http://dbsapaloalto.org/>

**DBSA Silicon Valley Chapter / Every Sun, 1–3 P.M.**

Meets Online. Info: [www.meetup.com/dbساسiliconvalley/](http://www.meetup.com/dbساسiliconvalley/)

**DBSA Palo Alto Chapter / 1st Mon. of month, 6:30-8:30 P.M.**

meets in person El Camino Hospital, 2500 Grant Rd. Mtn View Conf. Rm 6, ground floor.

**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 Palo Alto Chapter / Every Wed, 6:30–8:30 P.M.**

Go to [info@dbsapaloalto.org](mailto:info@dbsapaloalto.org) 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, 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](mailto:cchadwick@lighthouseofhopec.org)

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

Body Image/Eating Disorders Group. Online. Contact [jennifer@mpedc.com](mailto:jennifer@mpedc.com)

◆ **For Families and/or Friends**

**Bay Area Hearing Voices / Every Mon, 6–8 P.M.**

Online Support Group Meetings for adults, family members, and transitional age youth (TAY, age 18-24). 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)

**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](mailto:trudy@trudy.palmer@me.com) at [trudy.palmer@me.com](mailto:trudy.palmer@me.com)

**For Peers\*, Families and Friends**

**1st and 3rd 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.

**1st Mon of month, 6–7:15 P.M. (in-person) and**

**3rd Mon of month, 6– 7:15 P.M. (virtual)**

Free biweekly trans nonbinary GNC peer support group, 18+. Questions? Please email **Wellness** at [lgbtqwellness@fcservices.org](mailto:lgbtqwellness@fcservices.org) for location and Zoom link. Or sign up directly for groups by visiting <https://linktr.ee/lgbtqwellness>.

**Mon., Tues., Wed., Thu., Sat.**

Details at [www.nextdoor.org](http://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

### 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](http://www.svilc.org), call 408-894-9041, or email [info@svilc.org](mailto:info@svilc.org) with your full name and name of workshop you are interested in.

#### Every other Mon 7-8:30 P.M. Central Time

DBSA support group for parents and caregivers of children diagnosed with a mood disorder within last 6 months. For info on how to join this and other online groups for parents and caregivers, go to [dbsalliance.org/support/for-friends-family/for-parents/](http://dbsalliance.org/support/for-friends-family/for-parents/)

#### 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](http://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](mailto:teacherkonne@yahoo.com) or 408.718.9284. For info about the Los Altos group, contact **Elizabeth** at [eshow818@gmail.com](mailto: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](http://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.

Bereavement Drop-In Support Groups; open to Kaiser members and to the community.

1st/3rd Sun of month, 3-4:30 P.M. Call Sukhbir Jandu 408-721-9875; 2nd/4th Wed of month 12:30-2 P.M. Call Cristina Jacobo 408-361-2150 x3062; 2nd/4th Wed of month, 6-7:30 P.M. Call Jacqueline Stokes 650-207-1695;

### 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 Silicon Valley Chapter / Every Sat, 1–3 P.M.

Young adult (18-29) peers\* support group. Meeting Link: <https://www.meetup.com/dbsasiliconvalley>

#### 3<sup>rd</sup> Wed of month, 7-8:30 P.M.

Support group for parents of persons with Borderline and/or Narcissistic Personality Disorder (BPD). Focus is on DBT and borderline personality disorder in adolescents (but no age limit for group). Via zoom; for info, email Maureen at [ppbpdnpd@gmail.com](mailto:ppbpdnpd@gmail.com).

#### 2nd and 4th Thu., 4-5 P.M.

Downtown Youth Wellness Center has a group for ages 12-25 to manage anxiety. 725 E. Santa Clara St, Ste 105, San Jose  
Info: 408-961-4645

### Spanish-Speaking Support Groups

#### Every Tues of month, 5 P.M.

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

#### 1<sup>st</sup> Sat of month 10:00 A.M.to noon /

#### 3<sup>rd</sup> Wed of month 5:30-8:00 P.M.

Free bi-weekly Trans Latinex Diversa: An in-person peer support group for adults ages 18+ who belong to both the LGBTQIA+/Latinx communities. Email for address or info: [cfmendoza@gfhn.org](mailto:cfmendoza@gfhn.org)

#### Every Sat of month, 11 A.M.

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

#### SAN JOSE, MTN VIEW, SUNNYVALE

**Next Door Solutions**—Various Domestic Violence Support Groups are available in Spanish. Details: [adhorage@nextdoor.org](mailto:adhorage@nextdoor.org) or 408-501-7546

### 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](http://www.recoverycafesj.org)  
[info@recoverycafesj.org](mailto: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](mailto: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](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@namisantaclara.org](mailto:homefront@namisantaclara.org)

**Provider** — 5-week course for professionals who work with clients who have a mental illness.

Info: [providercourse@namisantaclara.org](mailto: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](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)

### SUPPORT

**Community Peer Program** — Peer Connectors and Peer Mentors work with Participants on health and wellness.

Info: [CPP@namisantaclara.org](mailto: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](mailto: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](http://www.namisantaclara.org)

Email: [office@namisantaclara.org](mailto: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!](#)