If you or someone you know is in a mental health crisis:

Call or text 988
Mental Health Crisis & Suicide Prevention Lifeline
Call 800-704-0900 if not dialing from area codes 408, 650, or 669.
Compassionate support if in crisis, or just need to talk.
Free I 24/7 I 200+ languages

Get walk-in care
Behavioral Health Urgent Care
Visit 2221 Enborg Lane, San Jose

To find a provider/treatment:

If you have private insurance:
Ask your doctor or call the number on the back of your insurance card and ask for a care manager

If you have Medi-Cal/Medicare:
Call the number on the back of your insurance card or the County Behavioral Health Call Center at 800-704-0900

If you do not have insurance:
Call the County Behavioral Health Call Center at 800-704-0900

Other ways to find a provider/treatment:

Employer: Employee Assistance Program
School District: Talk to the guidance counselor or district
LGBTQIA+: Call the Q Corner at 408-977-8800
Peer Guidance: Call the Behavioral Health Navigator Program at 800-704-0900, option 4
Additional Resources to Access Care

Local Resources

- Offers support and guides community members to mental health resources, such as finding a provider.
- Call the NAMI Helpline at 408-453-0040, press 1 (M-F 10am-6pm)

State Resources

- Provides legal advice on health access-related issues such as plan enrollment, termination, and coverage denial.
- Visit https://baylegal.org/ or call the Bay Legal Health Consumer Center at 855-693-7285.

Still unsure of where to go or what to do next?
Call the NAMI Helpline at 408-453-0400 x1