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 A.M. – 2 P.M.
After-Hours (Evenings/Weekends) x4

For Information in Other Languages:
Juan Perez (se habla español) 408-528-5353
Albert Wu (Mandarin, 普通話, 國語) 650-701-3388, texting is welcome. 歡迎傳簡訊

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
Family Peer Counselors to help navigate County Behavioral Health System

211 Santa Clara County
Free nonemergency, confidential 3-digit phone number/service for access to critical services (multilingual)
www.211bayarea.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, www.lawfoundation.org
Free legal help (advice, representation, referrals, housing (408-280-2424) assistance, gov’t benefits, patients’ rights) for mental health 408-280-2420

VA Referrals—Advice Nurse 1-800-455-0057 x4
Veterans Crisis Line 24/7 988 or text 838255

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 home and 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.

County Social Services Agency

General Assistance for adults 18 years and older
(Loans, CalFresh and Medi-Cal) M–F 8 A.M. – 5 P.M.
General Info 1-877-962-3633
Benefits 408-758-3800
Only Medi-Cal 408-758-3600

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 is also online on our website, www.namisantaclara.org We update this resource guide as well as the website as we receive new information.
NAMI-SOUTH CLARA COUNTY RESOURCE GUIDE

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
1st Tues of month, 7–8:30 P.M.
In-Person Family Support Group at NAMI SCC Office, 1150 S Bascom Av Suite 24, San Jose
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. NOTE: Cancelled 11/1
2nd Tue of month, 7:30–9:00 P.M.
3rd Sun of month, 1:30–3:30 P.M.
4th Wed of month, 7:30–9:00 P.M.

♦ For Peers*
Every Sun, 3–4:30 P.M. (In-Person and Online); Every Mon and Thurs, 7–8:30 P.M.; Online Only
Connection Recovery Support Group, NAMI-SCC. For online groups, join by calling 669-900-6833, Zoom meeting number 306 350 970, or visit https://namisantaclara.org/classes/support-groups-3/

♦ 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.
Support Group for Siblings (age 14+). Register Here or Website: www.namsf.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@namisannmateo.org
2nd Tues of month, 6–7:30 P.M.
Family Support Group meets in person at South County MH Clinic, 802 Brewster Av, Redwood City. No pre-registration required. Walk-ins welcome. Info, email: 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.depresseddanon.com

DBSA Palo Alto Chapter / Every Sun, 1–3 P.M.
Go to 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/dbsasiliconvalley/
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 lightqwellness@fcservices.org for location and Zoom link. Or sign up directly for groups by visiting https://linktr.ee/lightqwellness.

DBSA Palo Alto Chapter / 1st Mon. of month, 6:30–8:30 P.M.
meets in person El Camino Hospital, 2500 Grant Rd. Mt 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 to receive login details for Online access. http://dbsapaloalto.org/

Every Wed, 7–8:30 P.M.
Support group for adults via Zoom; facilitated by Alex Provida, MFT, and Charles Chadwick, MSW intern. For info or to RSVP ($15 per session), call 707-847-6451 or email Charles Chadwick at cchadwick@lighthouseoffhpecc.org

Every Thurs, 6:30–8 P.M

Every Wed, 8 P.M.
Support group for adults via Zoom; facilitated by Alex Provida, MFT, and Charles Chadwick, MSW intern. For info or to RSVP ($15 per session), call 707-847-6451 or email Charles Chadwick at cchadwick@lighthouseoffhpecc.org

Every Thurs, 6:30–8 P.M
Body Image/Eating Disorders Group. Online. Contact 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 and follow the instructions. For info, www.bayareahearingvoices.org/zoom-support-group-overview.html

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/
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

3rd 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.

*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., Tues., Thu., Sat.
Next Door Solutions to Domestic Violence offers support groups. Details at www.nextdoorsolutions.org or call 408-501-7550 to sign up for a specific (virtual) meeting. NOTE: There are also groups in Spanish.

Every Wed, 11-12 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)

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 https://www.tfaforms.com/4987299?cid=7014X000002PE80/ Info: www.php.com or call 408-727–5775

Every Wed, 4:30–5:30 P.M.
YWCA of Silicon Valley Support group for survivors of sexual assault. Online access. Call 800-572-2782

1st Wed of month, 6:30–8 P.M. (San Jose);
2nd Wed of month, 7–8:30 PM (Los Altos)
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, Elizabeth Andersen, eshow818@gmail.com

Centre for Living with Dying: Individual & small-group grief support for those dealing w/life-threatening illness or death of a loved one. Info: 408-850-6145.

Bereavement Drop-In Support Groups online; open to Kaiser members and to the community.
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 408-501-7550 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/dbsa siliconvalley

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

1st Sat of month 10:00 A.M.to noon /
3rd Wed of month 5:30-8:00 P.M.
Free bi-weekly Trans Latinx 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@gfnh.org

DBSA California / Every Mon of month, 12:30-2:30 P.M.
Free, online support group for Spanish speakers with depression, bipolar, or other mental health challenges. Register at: https://www.eventbrite.com/e/depression-and-bipolar-support-group-for-spanish-speakers-tickets-691589622177

Every Tues of month, 5-6 P.M.
ACT for Mental Health; Free men’s support group en español. Call 408-287-2640 for online access.

Every Sat of month, 11 A.M.–12 P.M.
ACT for Mental Health; Free women’s support group en español. Call 408-287-2640 for online access.

Therapeutic Services / Self-Help Centers

♦ 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://bhsd.sccgov.org/information-resources/peer-support/self-help-centers

♦ Grace Art and Wellness Program, 408-293-0422
Northside Community Center, 488 N 6th St

♦ 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 — 9-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 — 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: info@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!