

If you or someone you know struggles with mental illness,
our Helpline is here for you!



Live Phone Support:

408-453-0400 x1

Mon-Fri 10am-6pm

After Hours Voicemail:

Mon-Fri 6 - 9pm,

Sat/Sun 12 -6pm



Walk-in Hours:

1150 S. Bascom Ave Ste. 24,

San Jose, CA 95128

Mon - Fri 10am - 2pm



Email:

info@namisantaclara.org

The NAMI Helpline serves as a resource center for anyone seeking mental health-related information or support. Our Helpline team offers compassionate listening and information on a multitude of mental health issues and resources including:

- Understanding mental illness, and its effect on individuals, families and friends
- Understanding mental health laws and systems, how to obtain mental health services, and how to overcome obstacles to getting help with mental health problems
- NAMI education classes and programs
- Support groups for individuals and their families, offered by NAMI and other organizations
- Information on services available from agencies within Santa Clara County
- Information on commonly requested community resources, including legal services, financial assistance, housing, social support and activities, and many more

You are not alone! Call or come in today!

