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) Leave Message

For Information in Other Languages:
Erika Alvarez Hernandez (se habla español) 408-453-0400 x3065
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 408-792-3900
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)
Mobile Response & Stabilization Services (ages 4-20) 988 or 1-800-704-0900 x1
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 Crisis Line 408-850-6125

Related Services
Law Foundation of Silicon Valley, www.lawfoundation.org
FREE legal help for MH disabled: (advice, representation, referrals, assistance, gov’t benefits, patients’ rights) 408-280-2424
Housing rights assistance 408-280-2424
VA Referrals—Advice Nurse 1-800-455-0057 x4
Veterans Crisis Line-24/7 988 or text 838255
SSC Family & Children’s Services 408-292-9353
Sourcewise Community Resource Solutions 408-350-3200 x1
Senior Services: Information and resources; health insurance counseling & advocacy program; employment services; care management and Meals on Wheels
Silicon Valley Independent Living Center (www.svilc.org)
San Jose 408-894-9041
So. County 408-843-9100

Financial Assistance
Social Security
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.
Medicare 1-800-633-4227
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) 1-800-485-3287
Provides partial wage replacement benefits to eligible workers unable to work due to non-work-related illness or injury.

County Social Services Agency 408-758-3800
https://socialservices.sccgov.org
General assistance: Financial assistance; adults 18+
CalFresh: Assistance to purchase food
Medi-Cal: Free or low-cost health services for low-income residents

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.namisantacal.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
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.
2nd Tue of month, 7:30–9:00 P.M.
3rd Sun of month, 1:30–3:30 P.M.
4th Tue of month, 7:30–9:00 P.M.

❖ For English and Spanish 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, https://namisantaclara.org/classes/support-groups-3/
(Personas con Condiciones de Salud Mental)
Online Every Wed 7–9:00 P.M. https://forms.gle/LEGKripwtrmdjEMM6

❖ For Spanish Families and Friends
Online Every 2nd, 4th & 5th Fri, 7–9:00 P.M. For Spanish Families/Friends/Caretakers (Familiares/Amigos/Cuidadores)

❖ For Asian Peers* and Families
(Korean) — 4th Thu of month, 7:30–9:00 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.namisf.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.
Online support group for parents of young and young adults (ages 6-26) To register, email: Parentsofyouth@namismanmateo.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*
Depressed Anonymous (DA) Every Sun, 6:30 P.M. (in-person @ Alano Club 1122 Fair Av San Jose.) Multiple Meetings per week via Zoom/Skype a 12-step fellowship of men & women who want to overcome depression. www.depressedandan.com/meetings
DBSA Palo Alto Chapter / http://dbsapaloalto.org/
Online: Every Sun, 1–3 P.M. and every Wed., 6:30–8:30 P.M
For login details, send a request to info@dbsapaloalto.org.
In-Person: /1st Mon. of month, 6:30–8:30 P.M.
El Camino Hospital, 2500 Grant Rd. Mtn View Conf. Rm G, ground floor.
DBSA Silicon Valley Chapter / Every Sun, 1–3 P.M.
Meets Online. Info: www.meetup.com/dbsasiliconvalley/
DBSA California
Offers support groups most evenings of the week for anyone struggling with a mood disorder. To sign up for the mailing list, go to https://mailchi.mp/dbsacalifornia/supportgroups
LGBTQ Wellness
Offers a mixture of in-person and virtual peer support groups for LGBTQIA+ adults. Register on website https://lgbtq-well.org/support-groups
Good Samaritan Hospital / Mission Oaks — Every Wed, 1–2:30 P.M.
Behavioral Health Outpatient/Older Adult (65+) Group Therapy. 15891 Los Gatos-Almaden. Intake and Referral, 408-550-2000
Eating Disorder Resource Center (EDRC) Every Wed, 7–8:30 P.M.
Body Image/Eating Disorders Group on line groups https://edrcsv.org/support-groups/edrc-body-image-and-ed-support-group/ for sign-in link and Every Thurs, 6:30–8 P.M. Email Jennifer@mpedc.com for login info.

❖ For Families and/or Friends
DBSA: Every other Mon 7–8:30 P.M. Central Time
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/or-parents/#support
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.
EDRC / Every Sat. of month, 9:30–11 A.M.
Family and loved ones support groups. Via zoom, see link at https://edrcsv.org/get-help/support-groups/edrc-family-and-friends-support-group/

Peers*, Families and Friends
OCD Foundation, 1st and 3rd Sat of month, 10 A.M.–noon
For Peers* and their family members and friends. Mary Weinstein, mpweins1@yahoo.com for via Zoom access.
Bay Area Hearing Voices / Every Mon and Tues, 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

*Peers — Those with a mental health diagnosis
Other Groups

Online peer support group called “Coffee Klatch” for persons with disabilities to share thoughts and concerns of daily life; other workshops on various topics, incl. housing. Go to [www.svilc.org/workshops-and-events](http://www.svilc.org/workshops-and-events/) or call 408-894-9041

Every Mon., Tues., Thu., Sat.
Next Door Solutions to Domestic Violence offers support groups. Details at [www.nextdoorsolutions.org](http://www.nextdoorsolutions.org) or call 408-279-2962 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, Info: 800-572-2782 or email slujan@yourywca.org

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)

3rd Wed of month, 10–11:30 A.M.
Parents Helping Parents
For caregivers of children/teens with depression, anxiety &/or mood disorders. Info: [www.php.com/mood-disorders-or-anxiety-parent-support-group](http://www.php.com/mood-disorders-or-anxiety-parent-support-group/) or call 408-727–5775

Every Wed, 4:30–5:30 P.M.
YWCA of Silicon Valley Support group for survivors of sexual assault. Info: [https://yourywca.org/support-services/support-counseling/](https://yourywca.org/support-services/support-counseling/) or 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/dbساسيليفوناليفوالي](https://www.meetup.com/dbساسيليفوناليفوالي)

Downtown Youth Wellness Center has a group for ages 12-25 to manage anxiety. Offered 2x monthly, call for schedule.
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: cmendoza@gfhn.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](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.

Next Door Solutions—Various Domestic Violence Support Groups are available in Spanish. Details: adhoraje@nextdoor.org or 408-501-7546

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


♦ Grace Art and Wellness Program, 408-293-0422
Northside Community Center, 488 N 6th St
[https://www.sanjoseca.gov/Home/Components/ FACILITYDIRECTORY/FACILITYDIRECTORY/40/2040](https://www.sanjoseca.gov/Home/Components/FACILITYDIRECTORY/FACILITYDIRECTORY/40/2040)

♦ Recovery Café San José, 408-294-2963
80 S 5th St, SJ
[www.recoverycafesj.org](http://www.recoverycafesj.org)
info@recoverycafesj.org
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).

**Peer-to-Peer** — 9-week experiential course focusing on recovery for individuals 18 and over (English and Spanish).

**Basics** — 6-week course for parents and caregivers of minors who have a mental illness.

**Homefront** — 6-week program specifically for loved ones of military service members and veterans who experience symptoms of a mental health condition.

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

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.

**Ending the Silence (ETS)** — Presentations for high school students, teachers or parents about mental illness.

SUPPORT

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

**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.

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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: [info@namisantaclara.org](mailto: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, Leave Message

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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!**