



Santa Clara County RESOURCE GUIDE

May 28, 2024

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) 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) **408-280-2420**.

Housing rights assistance **408-280-2424**

VA Referrals—Advice Nurse 1-800-455-0057 x4

Veterans Crisis Line-24/7 988 or text 838255

SCC 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 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.

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) 1-800-480-3287

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.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**

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.

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.

Online Family Support Group. 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.

Online Family Support Group. Register at <https://bit.ly/4w-stan-fsg>

◆ **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)

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.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.

Online support group for parents of youth and young adults (ages 6-26) To register, email: Parentsofyouth@namisanmateo.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.depressedanon.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, 408-559-2000

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/for-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/ or call 408-894-9041

Every Mon., Tues., Thu., Sat.

Next Door Solutions to Domestic Violence offers support groups. Details at 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 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/ 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/> 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/dbsasiliconvalley>

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 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

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.

Next Door Solutions—Various Domestic Violence Support Groups are available in Spanish. Details: adhorage@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

NOTE: You can view schedules for the Self-Help Centers here: <https://bhsd.santaclaracounty.gov/mental-health-peer-support/visit-our-self-help-centers>

- ◆ **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>

- ◆ **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 Helpline)

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).

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.

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, Leave Message



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!**](#)