

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.-2P.M.

After-Hours (Evenings/Weekends) Leave Message

For Information in Other Languages:

Erika Alvarez Hernandez (se habla español) **408-453-0400x3065**

Albert Wu (Mandarin , 普通話, 國語), **650-701-3388**, texting is preferred, 歡迎傳簡訊

Santa Clara County Behavioral Health Emergency and Referral Information

Crisis and Suicide Prevention Line (Call, text, chat) **988**

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 Mobile Crisis Response Services, Suicide Prevention Hotline

Ext. 2 Referral to Mental Health/Substance Use Services

Ext. 3 Assisted Outpatient Treatment(AOT) / CARE

Ext. 4 General Information/Peer Navigator

Ext. 5 Complaint/Grievance/Appeal

NOTE: These options are offered in other languages.

TRUST (Trusted Response Urgent Support Team) 408-596-7290

Non-law enforcement field response team for support with mental health–related distress

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/youngadults ages 10-25 who are at clinical high risk for psychosis

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 x3**

Veterans Crisis Line-24/7 **988 or text 838255**

SCC Family & Children's Services **408-501-6300**

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) **800-772-1213**

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 Eligibility: **1-800-633-4227**

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**

www.ssa.santaclaracounty.gov

General assistance: Financial assistance; adults 18+

CalFresh: Assistance to purchase food

Medi-Cal: Free or low-cost health services for low-income

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 web-site, The www.namisantaclaracounty.org We update this resource guide as well as the website as we receive new information.

NAMI Support Groups in NAMI Format

NOTE: NAMI Format groups are led by NAMI trained peers or 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 Wed of month, 6:30 p.m. – 8:00 p.m.

Family Jail Support Group for loved ones of those who are currently or were formerly incarcerated.

Register at www.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 yrs) Family Support Grp. Register at www.bit.ly/tay-rsvp

2nd Tue of month, 7:30–9:00 p.m.

NEW: In-person Family Support Group @ NAMI Office, 1150 S Bascom Av Ste 24, San Jose

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 www.bit.ly/pov-rsvp

4th Tues. of month, 7:30–9 p.m.

Online Family Support Group Register www.bit.ly/4w-stan-fsg

◆ **For Peers**

Every Sun, 3–4:30 p.m. (In-Person) NAMI-SCC office, 1150 S Bascom Av San Jose. Every Mon and Thurs, 7–8:30 p.m.;

Online Only, Connection Recovery Support Group. For onlinegroups, join by calling 669-900-6833, Zoom mtg number 306 350 970, www.namisantaclara.org/classes/support-groups-3

◆ **For Peers* (Spanish)**

*(Personas con Condiciones de Salud Mental)

Online Every Wed 7–9:00 p.m.

www.forms.gle/LEGKripwtrmdjEMM6

◆ **For Spanish Families and Friends**

Online Every 2nd, 4th & 5th Fri., 7:30-9-p.m.

For Spanish Families/Friends/Caretakers (Familiares/Amigos/Cuidadores) Register at www.bit.ly/spanish-fsg

◆ **For Asian Peers*and Friends**

(Korean) - 4th Thu. of month 7-9:00 p.m. 408-712-1149 for online access.

(Mandarin Chinese) — 2nd Sat of month, 4–6 p.m. Online

Access. Albert Wu, 650-702-3388 (Texts are welcome)

E-mail albert.wum@gmail.com

The Mental Health Association for Chinese Communities offers family and peer support groups led by NAMI-trained facilitators. Groups are targeted to Chinese community & offered in English, Mandarin, and Cantonese.

◆ **NAMI San Francisco Support Groups**

2nd Wed of month, 5:30-7:00 p.m.

Support Group for Siblings (age 14+).

More info: www.namif.org/familysupport.

4th Wed of month, 5:00–6:30 P.M

Support Group for Adults whose parents/grandparents have mental health issues. Website: see above

◆ **NAMI San Mateo Support Groups**

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 NAMI SMC Office, 350 Twin Dolphin Dr, Suite 115, Redwood City

No pre-registration required. Walk-ins welcome.

info, email: southcountyNFSG@gmail.com or call 650-638-0800

NOTE: NAMI San Mateo Spanish Family Support Group—See page 3

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.depressedanonymous.org/meetings

Depression Bipolar Support Alliance (DBSA) Palo Alto Chapter / www.dbsapaloalto.org Online: Every Sun, 1–2:30 p.m. and every Wed/, 6:30-8:30 p.m. For login details, send a request to info@dbsapaloalto.org

In-Person: 1st/3rd 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 /<https://dbsasiliconvalley.org>

Online Support group- Every Sat, 1–3 p.m. For login, send request to info@dbsasiliconvalley.org

In-person support group / Every 3rd Sat, 4-6 p.m.

Meet at **Good Samaritan Hospital/MissionOaks—** 15891 Los Gatos-Almaden. Rd. Los Gatos, No RSVP Needed. For Info., info@dbsasiliconvalley.org

In-person hikes 3rd Sun., 9 a.m.-noon; For Location, Check www.meetup.com/dbsasiliconvalley/events/calendar

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 www.mailchi.mp/dbsacalifornia/supportgroups

Good Samaritan Hosp./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**

Dual Diagnosis Anonymous

Offers many online meetings for those with concurrent mental health and Addiction issues www.ddainc.org/online-dda-meetings

LGBTQ Wellness

Offers a mixture of in-person and virtual peer support groups for LGBTQIA+adults. register on website www.lgbtq-well.org/support-groups

Eating DisorderResource Center (EDRC)

Every Wed, 7–8:30 p.m. and Every Thurs, 6:30–8 p.m.

Body Image/Eating Disorders Group on-line groups www.edrcsv.org/get-help/support-groups/edrc-body-image-and-ed-support-group

***Peers — Those with a mental health diagnosis**

◆ For Families and/or Friends

DBSA National: Various times Online

Support group for family and friends of individuals with a mood disorder ; also groups for parents. For info on how to join, go to www.dbsalliance.org/support/for-friends-family/for-parents

DBSA California: 2nd / 4th Thurs. of month, 6:00-8:00 P.M.

Friends & family online support meeting.

Zoom Link: www.dbsacalifornia.org/family-support

EDRC / Every Sat. of month, 9:30-11 A.M.

Family and loved ones support groups. Via zoom, see link at

www.edrcsv.org/get-help/support-groups/edrc-family-and-friends-support-group

◆ Peers*, Families and Friends

Mental Health Association of San Francisco offers support groups on various topics including depression, anxiety, hearing voices, as well as many resources related to hoarding.

www.mentalhealthsf.org/support-groups

Bay Area Hearing Voices/various weekday evenings

online Support Group Meetings for adults:

www.bayareahearingvoices.org/peer-support

family members:

www.bayareahearingvoices.org/friends-family-support

South Bay OCD group, 1st and 3rd Sat of month, 10 A.M.–

noon For Peers* and their family members and friends.

Mary Weinstein, mpweins1@yahoo.com for Zoom access.

Other Groups

Every Mon of Month 9:30 A.M.—10:30 A.M.

SVILC 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 x 203**

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

Next Door Solutions to Domestic Violence offers support groups.

Details at www.nextdoorsolutions.org/services/supportive

or call **408-279-2962** to sign up for a specific(virtual)meeting.

NOTE: There are also groups in Spanish.

1st Wed of month, 6:30–8 P.M.; Online 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. group please contact Konne Ainsworth, teacherkonne@yahoo.com or **408-718-9284**.

2nd Sat of month, 9–10:00 A.M. Parents Helping Parents

For caregivers of children/teens with depression, anxiety and/or mood disorders.

Info: www.php.com/mood-disorders-or-anxiety-parent-support-group or call **408-727-5775**

YWCA of Silicon Valley offers support groups for survivors of sexual assault and domestic violence.

See www.yourywca.org/our-services/healing-justice-for-survivors/support-groups or call **800-572-2782**.

Teens & Young Adults Support Groups

Downtown Youth Wellness Center has a group for ages 12-25 to manage anxiety and depression. Offered 2x monthly, call for schedule. 725 E. Santa Clara St, Ste 105, San Jose. Info: **408-961-4645**

Spanish-Speaking Support Groups

YWCA of Silicon Valley

offers a support group in Spanish for trauma survivors, including sexual assault and domestic violence. See

www.yourywca.org/our-services/healing-justice-for-survivors/support-groups or call **800-572-2782**.

Next Door Solutions— Various Domestic Violence Support Groups are available in Spanish. Call **408-501-7550**.

NAMI San Mateo Family Support Group, 2nd Tues of month, 6-7:30 P.M. Spanish Support Group meets in person at mental health clinic at 802 Brewster Ave, Redwood City.

Info: yortega@smcgov.org or **650-863-4649**.

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: www.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
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 mental 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).

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

Basics — 6-week course for parents and caregivers of minors who have a mental illness (on demand through NAMI.org)

Homefront — 6-week program specifically for loved ones of military service members and veterans who experience symptoms of a mental health condition (See NAMI.org for locations).

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.

(English and Spanish) 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 Ave #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

Would you like to receive our email newsletter?

Send an email to info@namisantaclara.org and request to join our mailing list.



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! www.namisantaclara.org/get-involved/join

Follow us on social media!



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