NAMI National Alliance on Mental Illness

Santa Clara County RESOURCE GUIDE

September 18, 2026

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, 10:00 a.m. – 6:00 p.m. 408-453-0400 x1
Walk-in Hours: M-F, 10:00 a.m. –2:00 p.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;
Mon-Sat, 8:00 a.m.– 6:30 pm (closed Sun.); 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

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 (Medi-Cal or uninsured).

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; aults 18+
CalFresh Assistance to purchase food
MediCal: 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 website, www.namisantaclara.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**

1st Wed of month, 7:00 p.m. – 8:30 p.m.
Transition Age Youth (TAY up to age 26 yrs) Family Support Grp. Register at **www.bit.ly/tay-rsvp**

2nd Wed of month, 6:00 p.m. – 7:30 p.m.
In-person Family Support Group @ NAMI Office, 1150 S Bascom Av Ste 24, San Jose. Drop-Ins Welcome.

3rd Sun of month, 1:30 p.m. – 3:30 p.m.
Families of Vision Christian Group for families of loved ones w/mental health challenges. Register at **www.bit.ly/pov-rsvp**

4th Tues. of month, 7:30 p.m. – 9 p.m.
Online Family Support Group Register **www.bit.ly/4w-stan-fsg**

♦ For Peers

Every Sun, 3:00 p.m. – 4:30 p.m. (In-Person) NAMI-SCC office, 1150 S Bascom Av San Jose. Every Mon and Thurs, 7:00 p.m. – 8:30 p.m.; Online Only, Connection Support Group. For online groups, 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 7:00 p.m. – 9:00 p.m.**
www.forms.gle/LEGKripwtrmdjEMM6

♦ For Spanish Families and Friends

Online Every 2nd, 4th & 5th Fri., 7:00 p.m. – 9:00 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 7:00 p.m. – 9:00 p.m. 408-712-1149 for online access.

(Mandarin Chinese) — 2nd Sat of month, 4:00 p.m. – 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. **www.mhacc-usa.org**

♦ NAMI San Francisco Support Groups

2nd Wed of month, 5:30 p.m. – 7:00 p.m.
Support Group for Siblings (age 14+).
More info: www.namisf.org/familysupport.

4th Wed of month, 5:00 p.m. – 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, 7:00 p.m. – 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, 6:00 p.m. – 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, 1:00 p.m. – 2:30 p.m.** and **every Wed, 6:30 p.m. – 8:30 p.m.** For login details, send a request to **info@dbsapaloalto.org**

In-Person: 1st/3rd Mon. of month, 6:30 p.m. – 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, 1:00 p.m. – 3 p.m. For login, send request to **info@dbsasiliconvalley.org**

In-person support group / Every 3rd Sat, 4:00 p.m. –6:00 p.m.
Meet at Good Samaritan Hospital/MissionOaks—
15891 Los Gatos-Almaden. Rd. Los Gatos, Rm 295. No RSVP Needed. For Info., **info@dbsasiliconvalley.org**

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, 1:00 p.m. – 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 Disorders Resource Center (EDRC)
Every Wed, 7–8:30 p.m. and Every Thurs, 6:30 p.m. – 8:00 p.m.
Body Image/Eating Disorders Group online 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 p.m. – 8:00 p.m.
Friends & family online support meeting.
Zoom Link: **www.dbsacalifornia.org/family-support**

EDRC / Every Sat. of month, 10:00 a.m. – 11:00 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, 10:00 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 211**

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 & 3rd Tues of month, 7:00 p.m. – 8:30 p.m. (In-Person)
2nd & 4th Tues of month 1:00 p.m. – 2:30 p.m. (In-Person)
KARA offers ongoing drop-in groups for adults grieving the loss of someone significant in their life. We recognize both the universality and the individuality of each person's grief experience and offer emotional support and information for those grieving a death or coping with a terminal illness (their own or another's). 457 Kingsley Av, Palo Alto. Info: **kara-grief.org/services/peer-support/** or call **650-321-5272**

1st Wed of month, 6:30 p.m. – 8:00 p.m.;
Online GRASP (Grief Recovery After a Substance Passing). Provides help, compassion, and understanding for those who have had someone die because of substance abuse or addiction. Please contact Konne Ainsworth, teacherkonne@yahoo.com or **408-718-9284**.

2nd Sat of month, 9:00 a.m. – 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, 6:00 p.m. – 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

- **Grace Art and Wellness Program, 408-293-0422**
  Northside Community Center, 488 N 6th St
  www.sanjoseca.gov/Home/Components/FacilityDirectory/40/2040

- Recovery Café San José, 408-294-2963
  80 S 5th St, SJ
  www.recoverycafesj.org
  info@recoverycafesj.org

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 and Mandarin).

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: 10:00 a.m. – 6:00 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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