NAMI Santa Clara County Warmline/Help Desk
(The Warmline Help Desk offers nonjudgmental support to
individuals and families during times of need, as well as guidance
on how to begin a path of recovery.)
NEW: Expanded NAMI SCC Hours Starting July 2
The NAMI SCC Warmline Help Desk will be open
M–F, 10 A.M.–6 P.M.
408-453-0400, option #1

For Information in Other Languages:
Eugenio Vargas (se habla español) 408-453-0400 x 3065
Juan Perez (se habla español) 408-528-5353
Athen Hong (Mandarin) 408-996-1016

Santa Clara County Mental Health
Emergency and Referral Information
Dial 911 and request a Crisis Intervention Team (CIT) officer.
NOTE: For nonemergency situations, call 311 San Jose and ask
for a CIT Officer.
Emergency Psychiatric Services (EPS) 408-885-6100
871 Enborg Lane, San Jose
Urgent Psychiatric Care 408-885-7855
871 Enborg Court, San Jose, Unit 100
Daily 8 A.M.–10 P.M.; walk in
Suicide & Crisis Hotline (Central) 855-278-4204
Mental Health Call Center 800-704-0900
24-hr. on-call staff; Provides info/referrals M–F, 8 A.M.–5 P.M.
Gateway, Dept. of Alcohol & Drug Services 800-488-9919
(Referral Agency)
Ethnic Cultural Community Advisory Committees (ECCAC)
1075 E. Santa Clara St., San Jose 408-792-3912
Office of Family Affairs
Santa Clara County Behavioral Health 408-792-2166

211 Santa Clara County
Free nonemergency, confidential 3-digit phone number/service for
access to critical services (multilingual); www.211scc.org
Uplift Family Services (formerly EMQ FamiliesFirst)
Child/Adolescent Mobile Crisis Program 408-379-9085
After-hours/weekend emergencies 1-877-412-7474
Uplift Family Services Crisis Stabilization Unit 408-364-4083
Bill Wilson Center Teen Crisis Line 408-850-6140

Mental Health Advocacy Project (MHAP)
Free legal help (advice, representation, referrals and assistance for
housing, government benefits and patients’ rights services) for
mental health patients’ rights 408-294-9730; 800-248-MHAP
VA Referrals—Help for Veterans 1-800-455-0057
New Lifestyles—The Source for Senior Living Magazine
www.NewLifeStyles.com 1-800-869-9549

Ongoing Services
SCC Family & Children’s Services 408-292-9353
SCC NAMI Office (Resources, support) 408-453-0400
option #1
Sourcewise Community Resource Solutions 408-350-3200
Care management; information & awareness; health insurance
counseling & advocacy program; senior employment
services; and Meals on Wheels
Center for Independence of Individuals with Disabilities 650-645-1780

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 $2,000 of assets excluding
a car; provides monthly cash payments.
Medi-Cal
Eligibility: For those with low income and limited
resources; this is a joint federal and state program that helps
with medical costs. Medicaid programs vary from state to state,
but most healthcare costs are covered if you qualify for both
Medicare and Medicaid.
Medicare
Eligibility: Receiving SSDI for two years, or retired and
65 years of age or older

Insurance
Employment Development Department
Eligibility: Job loss
www.edd.ca.gov
State Disability Insurance (SDI)
800-480-3287
If you become mentally or physically disabled while working
and as a result are unable to continue working, you may be
eligible for State Disability benefits.

Department of Social Services (DSS)
General Assistance for adults 18 years and older.
(Loans, CalFresh and Medi-Cal)
San Jose 877-962-3633
Mountain View 408-758-3800
Gilroy 408-758-3300
Automated Services 408-758-4600

Please note that information about additional community
resources and support groups throughout Santa Clara County
are also online on our website, www.namisantacalamb.org
We update this resource guide as well as the website as we
receive new information.

NOTE: The information in the NAMI SCC Resource Guide is
presented in summary form as a supplement to, and not a
substitute for, the knowledge, skill & judgment of qualified
psychiatrists, psychologists, physicians and health care
professionals. If you have health, medical or disability questions,
please consult a physician or other health care professional.
**NAMI SANTA CLARA COUNTY RESOURCE GUIDE**

**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.)*

- **For Family Members and Friends**
  - **SAN JOSE** — 3rd Tues. of month, 7–8:30 P.M.
    - NAMI SCC 1150 S. Bascom Av, Ste. 24. Mike/Lilly Henning, mlenning@comcast.net
  - **GILROY** — 2nd Thurs. of month, 7–8:30 P.M.
    - St. Louise Regional Hosp., 9400 No Name Uno, Board Rm, Diane Juellich, 408-224-5623
  - **LOS GATOS** — 1st Tues. of month, 7–8:30 P.M.
    - For families in the Transitional Age Youth (TAY/16–24 years) ASPIRE program. El Camino Hospital-Los Gatos, 815 Pollard Rd.
    - Conf. Rm. 2. Mahendra Prabhu, praboo@gmail.com; Sarah Prabhu, sarahprabhu@gmail.com
  - **MTN. VIEW** — 1st Tues. of month, 7–8:30 P.M.
    - El Camino Hosp., 2500 Grant Rd, Conf. Rm. G main bldg., ground floor. (Allow 10 minutes for parking.) John Jacobs, 650-804-2222; Khalid Kazi, 650-823-3270; Farhana Kazi, 650-387-8532
  - **PALO ALTO** — 4th Tues. of month, 7–8:30 P.M.
    - Jewish Family & Children Services, 200 Channing Ave.
    - Pamela Polos, pamelapolos@comcast.net or 650-862-2886
  - **PALO ALTO** — 2nd Wed. of month, 7–8:30 P.M.
    - Stanford University School of Medicine, Dept. of Psychiatry/Behavioral Sciences, 401 Quarry Rd, Rm 2213 Pamela Polos, pamelapolos@comcast.net or 650-862-2886
  - **PALO ALTO** — 4th Wed. of month, 7–8:30 P.M.
    - Spousal and Partner support group, Stanford University School of Medicine, Dept. of Psychiatry/Behavioral Sciences, 401 Quarry Rd, Rm. 2213. Georgia Vouraki, georgiavk@gmail.com
  - **PALO ALTO** — 3rd Sun. of month, 1:30–3:30 P.M.
    - Parents of Vision Christian Group (FaithNet Model) for parents of youth up to 24 years w/mental health challenges. St Mark’s Episcopal Church, Youth Rm. 600 Colorado Ave.
    - Email: bayareaop@gmail.com
    - More info: https://sites.google.com/site/parentsofvision/home

- **For Consumers, Families, and Friends**
  - **SAN JOSE** — 1st/3rd Thurs. of month, 7–8:30 P.M.
    - SunriseValley Baptist, 5860 Blossom Av, J Gruhn, 408-224-8449
  - **SAN JOSE** — 3rd Fri. of Month, 7–8:30 P.M.
    - Relocated and Starting in May; NAMI SCC Office, 1150 S. Bascom Av Suite 24. Diane Juellich, 408-224-5623
  - **LOS ALTOS HILLS** — 2nd Wed. of month, 6:15–8:30 P.M.
    - Congregation Beth Am, Beit Kehillah, 26790 Arastradero Rd. Carol, mentalhealth@betham.org

- **For Consumers**
  - **SAN JOSE** — Every Sun., 3–4:30 P.M.

- **For Spanish Families and Friends**
  - **SAN JOSE** — Last Fri. of month, 7–9:30 P.M.
    - NAMI SCC 1150 S Bascom Av, Ste. 24. Eugenio Vargas, 408-453-0400 x3065

- **For Asian Consumers and Families**
  - **SANTA CLARA** (Mandarin) — 2nd Sat. of month, 4–6 P.M.
    - River of Life Christian Church, 1177 Laurelwood Rd, E6.
    - Albert Wu, 650-701-3388
  - **CUPERTINO** (Korean) — 4th Fri. of month, 12:30–2:30 P.M.
    - Call for location. Ky0, 408-712-1149
  - **MTN. VIEW** (Mandarin) — 3rd Thurs. of month, 7–9 P.M.
    - Chinese Christian Group. 175 E. Dana (Hwy 237/85).
    - Jen Hong, 408-996-1016

**Non-NAMI Community Support Groups**

- **For Consumers**
  - **SAN JOSE** — Every Wed., 10 A.M.–1 P.M.
    - “Fireside Friendship Club,” ACT for Mental Health, Life Skills Social Club for those w/mental disabilities & physical limitations. 441 Park Av. (upstairs/no elevator), 408-287-2640
  - **SAN JOSE** — DBSA Chapter / Every Sun., 1–3 P.M.
    - Good Samaritan Hospital Auditorium, 2425 Samaritan Dr., Trailer Conference Room 1 is located in the parking lot behind Good Samaritan Hospital. Info: 408-831-1499 or go to www.dbasalanoj.org
  - **LOS GATOS** — DBSA Chapter / Every Sat., 1–3 P.M.
    - Young Adult (18-29), Peer Support Group, Cambrian Library, 1780 Hillsdale Ave, 2nd Fl., Rm. B. Info: 408-831-1499 or go to www.dbasalanoj.org

**NEW: SANTA CLARA** — DBSA Chapter / Every Sat., 1–3 P.M.
- Young Adult (18-29), Peer Support Group, Cambrian Library, 1780 Hillsdale Ave, 2nd Fl., Rm. B. Info: 408-831-1499 or go to www.dbasalanoj.org

**LOS GATOS** — Every Wed., 1–2:30 P.M.
- Behavioral Health Outpatient/Adult (65+) Group Therapy, Good Samaritan Hospital, Mission Oaks, 15891 Los Gatos-Almaden Rd., EDRC Office. Drop-ins welcome. Info: 408-356-1212

**SANTA CLARA** — Last Wed. of month, 6–7:30 P.M.
- Voices, Visions, and Realities: SPBR Peer Support Group, Santa Clara City Library, Sycamore Conference Room, 2635 Homestead Rd. Facilitators: Sophia Huang and Bill Scholtz

**MTN. VIEW** — DBSA Chapter / 1st, 3rd, 5th Sat. 10 A.M.–noon
- Peer-Led Support Group, El Camino Hospital, 2500 Grant Rd., Info: 408-831-1499 or go to www.dbasalanoj.org/calendar

**MTN. VIEW** — Every Tues. of month, 7–8:30 P.M.

**PALO ALTO** — Every Mon., 1:15–3 P.M.

**PALO ALTO** — DBSA Chapter / Every Wed., 6:30–8:30 P.M.
- VA Hospital, 3801 Miranda Ave., Hospital Bldg. 101, Rm. A2-200, Info: dbasapaloalto@gmail.com
For Families and/or Friends

SAN JOSE — 3rd Tues. of month, 6–7 P.M.
Family Jail Support Group for those whose loved ones are currently or were formerly incarcerated. Meets one hour prior to the Family/Friends Support Group. NAMI SCC 1150 S. Bascom Av, Ste. 24. For more info: courtjailcaregroup@yahoo.com

SAN JOSE — Every Mon., 6–7 P.M.
Eating Disorders Group. Hilo House, 334 N. 2nd. 775-351-9411

SAN JOSE — Last Wed. of month, 7–8:30 P.M.
Psychosis Family Support Group. Cypress Community Center, Rm. 1, 403 Cypress Av. Info: southbayprojectresource@gmail.com or www.southbayprojectresource.org

LOS GATOS — DBSA Chapter / Every Thurs., 6:30–8:30 P.M.
Good Samaritan Hospital at Mission Oaks, 15891 Los Gatos-Almaden 2nd Fl, Rm. 299. Info: 408-831-1499 or go to www.dbsasanjose.org

MTN. VIEW — DBSA Chapter / 2nd, 4th Sat. 10 A.M.–noon
El Camino Hospital, 2500 Grant Rd. Info: 408-831-1499 or go to www.dbsasanjose.org/calendar

MTN. VIEW — 2nd/4th Sat. of month, 9:30–11 A.M.

LOS ALTOS — 2nd Tues. of month, 7–8:30 P.M.
“Parent Chat,” a peer support group for parents/caregivers of kids ages 14-24 w/mental health challenges. Orchard Rm, Los Altos Library, 13 San Antonio Rd. Trinity, 650-208-9116, or Donna, 650-823-0997

PALO ALTO — Last Tues. of month, 7–8:30 P.M.

For Consumers and Families

SAN JOSE — Every Wed., 6:30–8 P.M.
Family Support & Wellness, WRAP® (Wellness Recovery Action Planning). All are welcome. 2221 Enborg Ln (enter through side patio door). Diana.Guido@hhs.sccgov.org or 408-792-2166

MENLO PARK — Every Thurs., 6:30–8:30 P.M. (optional dinner, 6 P.M.) Christian support group. Menlo Church, 950 Santa Cruz Av. Info: Jane Clark, 650-464-9033

Asian Community Support Groups

SAN JOSE (Mandarin) — 1st Thurs of month, 7–8:30 P.M.
Momentum, 2001 The Alameda. Jill Chen-Kuendig, 650-576-9712; Sunny Wang, 408-866-4015

SAN JOSE (English) — 1st/3rd Thurs. of month, 7–9 P.M.
API (Asian Pacific Islanders) Adult/Young Adult Peer Support Grp. Contact: Kevin Ip (kvinp@yahoo.com, 408-207-7385); Farah Gowan (farahgowan@gmail.com, 415-307-9786) Call for location

SUNNYVALE (Mandarin) — 1st/3rd Fri. of month, 7:45–10 P.M.
Bible Study Free. 825 Shetland Pl., Albert Wu, 650-701-3388

Other Groups

SAN JOSE — 3rd Wed. of month, 11 A.M.–1 P.M.
Parents Helping Parents, for caregivers of children & teens with depression, anxiety and/or mood disorders. Sobrate Ctr for Nonprofits, 1400 Parkmoor Ave., #100. Info: www.php.com or 408-727-5775

SAN JOSE — Every Mon., 6:30–8 P.M.
SCC Suicide/Crisis Services has ongoing drop-in Survivors of Suicide Grief Support Group for those who have lost loved ones to suicide. Call Eddie Subega, 408-885-6216 to sign up.

SAN JOSE — Every Wed., 5:30–7:30 P.M.
Services for Brain Injury (SBI) hosts a free group for people with brain injuries & caregivers. 480 N First St. Info: sbicares.org

SAN JOSE — 4th Mon. of month, 6–7:30 P.M.
Mental Illness Overview for Families/Friends (No Consumers). This is a free, single-session educational class. Psychiatry Department Health Education Behavioral Health, Kaiser, 5755 Cottle Rd., Bldg. 3. Call 408-363-4843 to enroll.

Therapeutic Services / Self-Help Centers

We no longer list daily classes and groups offered by the four self-help centers for consumers. Please call for information, including upcoming events. Here is contact info for each center:

Zephyr Central County Self-Help Center 408-792-2140
Dwnn 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://www.sccgov.org/sites/mhd/Resources/Self-HelpCenters/ Pages/default.aspx

Grace Community Center 408-293-0422
Northside Community Center 488 N. 6th St, SJ
http://thefriendsofgrace.org

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

Family-to-Family — 11-week course for family members who have a loved one with a mental illness (English, Spanish, Mandarin and Korean).

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

Peer-to-Peer — 10-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.

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

NAMI Hearts and Minds — Educational wellness initiative promoting the idea of wellness in both mind and body (available at www.nami.org).

PRESENTATIONS

In Our Own Voice: Living with Mental Illness (I00V) — Presentations by trained consumer-presenters to groups of consumers, family members, community groups, colleges and professionals.

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

SUPPORT

Peer PALS (Peer Associate Leadership Support) — Trained PAL is paired with someone with like interests & of similar age who is in need of support from isolation; they engage in weekly activities (English and Spanish).

Community Peer Mentor Program — Trained Mentor is paired with someone who is currently hospitalized or in an outpatient program.

Connections Recovery Support Group — Adults living with mental illness share with others.

Family Support Groups — 16 NAMI-format groups in 5 languages (English, Spanish, Mandarin, Cantonese, Korean).

OTHER

NAMI FaithNet — Information resource for faith communities

Nature Walk — Consumers and family members meet on the 1st Sunday of the month to hike or participate in nature walks.

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.

MEMBERSHIP/DONATION FORM

You can make a donation, renew or join NAMI SCC at namisantaclara.org

Primary Name: __________________________________________

Address: ____________________________________________

City: __________________ State: ______ Zip: _____

Phone: _________ E-mail: ________________________

Membership: □ New □ Renewal

□ $60 Household Membership □ $40 Individual Membership □ $5 Open Door (low income)

Names of Household Members __________________________________________ (You will receive your newsletter by email.)

I would like to donate: □ $50 □ $75 □ 100 □ $250 □ $250 Other: $ ______

In □ Honor of □ Memory of ______

Payment Information: □ Check (payable to NAMI SCC) □ Cash □ Credit Card

Name on Card: __________________________________________

Account Number: ____________________________ Expiration Date: _________ Security Code: ____________

Thank you for being a part of the NAMI Family! Memberships are valid for one year. Visit us online or donate at www.namisantaclara.org. Your contributions to NAMI SCC are tax deductible. Federal tax ID # 94-2430956

NAMI Santa Clara County • 1150 S. Bascom Ave. Ste 24 • San Jose, CA 95128 • (408)453-0400