



Santa Clara County Resource Guide

September 21, 2016

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.)

Hours — M-F, 10 A.M.-2 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 Lane, San Jose, Unit 100

Daily 8 A.M.–10 P.M.; walk in or by appointment

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 Families Services (formerly EMQ Families First Child/ Adolescent Mobile Crisis Program) 408-379-9085
After-hours/weekend emergencies 1- 877-412-7474

Uplift Families 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

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.

Ongoing Services

SCC Family & Children's Services 408-292-9353

SCC NAMI Office (Resources, support) 408-453-0400, opt. #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

VA Referrals — Help for Veterans 800-455-0057

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 who have a mental, emotional or physical disability that prevents them from holding substantial employment and have less than \$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 800-300-5616

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.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.)

◆ For Family Members and Friends

SAN JOSE — 3rd Tues. of month, 7– 8:30 P.M.
NAMISCC 1150 S. Bascom Av, Ste. 24. Mike/Lilly Henning, 408-264-0782, mlhenning@comcast.net

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 — 2nd and 4th Wed. of month, 7–8:30 PM
Stanford University School of Medicine, Dept. of Psychiatry/ Behavioral Sciences, 401 Quarry Rd, Rm 2211 **Pamela Polos, pamelapolos@comcast.net or 650-862-2886**

◆ For Consumers, Families and Friends

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**

LOS GATOS— 2nd Mon. of month, 7–8:30 P.M.
Jewish Family Services, 14855 Oka Rd, Ste 202. **Navah Statman, 408-253-7623.**

LOS GATOS — 3rd Fri. of month, 7–8:30 P.M.
Good Samaritan Hospital at Mission Oaks., 15891 Los Gatos-Almaden Rd, Rm 292. **Diane Juellich, 408-224-5623**

GILROY — nd Thurs. of month, 7–8:30 P.M.
St. Louise Regional Hosp., 9400 No Name Uno, Board Rm, **Diane Juellich, 408-224-5623; Mo Ghanderhari, 408-221-8871**

SAN JOSE — 1st/3rd Thurs. of month, 7–8:30 P.M.
SunriseValley Baptist. 5860 Blossom Av., **J. Gruhn, 408-224-8449**

SAN JOSE— 4th Thurs. of month, 7–8:30 P.M.
Momentum for Mental Health, 2001 The Alameda (enter at back) **Mike/Lilly Henning, 408-264-0782, mlhenning@comcast.net**

◆ For Consumers

SAN JOSE —Every Sun of month, 3–4:30 P.M.
Connection Recovery, NAMI SCC, 1150 S. Bascom Av, Ste. 24. **Hope and Denicia, 408-453-0400 x3080**

SAN JOSE —New Connection Recovery Support Group
For mothers with a mental health condition of children under 18 yrs old looking for support in parenting. This is not a drop-in group. Info: **Denicia, 925-273-4939**

◆ For Asian Families & Consumers

CUPERTINO (Korean) — 4th Fri. of month, 12:30–2:30 P.M.
Call for location. **Kyo, 408-712-1149**

CUPERTINO (Cantonese)— 3rd Sat. of month, 2–4 P.M.
Valley Church of Cupertino, 10885 N. Stelling Rd. Rm 3191. **Katherine Fok, 650-961-2751**

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**

SANTA CLARA (Mandarin) —4th Sat of month, 3–5 P.M.
River of Life Christian Church, 1177 Laurelwood Rd. **Chiao-Wen Chen, 408-338-9161, Miaoching Chu, 650-489-6248**

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**

◆ For Spanish Speakers

SAN JOSE — Last Fri. of month, 7–9:30 P.M.
NAMISCC Family/Friends, **Eugenio Vargas, 408-453-0400 x 3065**

Non-NAMI Community Support Groups

◆ For Consumers

SAN JOSE — Every Wed., 10 A.M.–1 P.M.
“Fireside Friendship Club,” ACT for Mental Health, Inc., Life Skills Social Club for people w/ mental disabilities & physical limitations; 441 Park Ave. (upstairs/no elevator), **408-287-2640**

SAN JOSE — DBSA Chapter, 1st /3rd Mon. at 7 P.M. and 2nd/4th Sun. at 3 P.M. For consumers diagnosed w/bipolar disorder or clinical depression. Westgate Church, 1735 Saratoga Av, Rm. 207, Kidztown Bldg. **Kristin Colino; info@dbसानजोसे.org, 408-657-9977.** Info: www.dbसानजोसे.org

PALO ALTO — Every Mon., 1:15–3 P.M.
Creative Writing (ongoing) for people with major depression/bipolar disorder. Stanford Psychiatry Dept., 401 Quarry Rd. **Beth, 510-502-7770, www.writingthroughthedarkness.com**

PALO ALTO — DBSA Chapter, every Wed., 6:30–8:30 P.M.
VA Hospital, 3801 Miranda Ave., Hospital Bldg. 101, Rm. A2-200. Info: dbसपलाल्टो@gmail.com

LOS GATOS — Every Wed., 1–2:30 P.M.
Behavioral Health Outpatient/Older Adult (65+) Group Therapy, Good Samaritan Hospital at Mission Oaks, 15891 Los Gatos-Almaden Rd. **Intake and Referral, 408-559-2000**

LOS GATOS — 1st/3rd Wed. of month, 7–8:30 P.M.
Body Image/Eating Disorders Group, Good Samaritan Hospital at Mission Oaks, 15891 Los Gatos-Almaden Rd., Rm. 295 (use elevator B). **Janice or Kristen, 408-356-1212; info@edrcsv.org**

LOS GATOS — NEW DBSA, 2nd/4th Thurs. of month, 7–8:30 P.M.
This group is for diagnosed individuals under medical treatment for clinical depression or bipolar disorder; participants are welcome to bring a support person with them. Calvary Church Los Gatos, large chapel, 16330 Los Gatos Boulevard. NOTE: DBSA is looking for new peer facilitators. Info: **408-657-9977** or email info@dbसानजोसे.org

MTN. VIEW —1st/3rd Sat. of month, 9:30–11 A.M.
Body Image/Eating Disorders Support Group, El Camino Hospital, Conf. Rm. A, 2500 Grant Rd. Drop-ins welcome. **Janice or Kristen, 408-356-1212; info@edrcsv.org**

SANTA CLARA — Last Wed. of month, 5:30-7:30 P.M.
Psychosis Peer Support Group, Santa Clara City Library, Sycamore Conference Rm., 2635 Homestead Rd. Group facilitators: **Neomi Wesley and Sophia Huang**

◆ For Families and/or Families and Friends

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

SAN JOSE — DBSA Chapter, 2nd/4th Sun., 3 P.M.
This group meets in Rm. 201, in conjunction with the consumer group. (See DBSA Group for Consumers above)

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

MTN. VIEW — 2nd of 4th Sat., 9:30–11 A.M.
Eating Disorders Group. El Camino Hosp., Conf. Rm. A, 2500 Grant Rd. Drop-ins welcome. **Janice/Kristen, 408-356-1212**

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, LA Library, 13 San Antonio Rd. **Trudy 650-208-9116** or **Donna 650-823-0997**

PALO ALTO — 3rd Sun. of month, 1:30-3:30 P.M.
 Christian group for parents/caregivers of children under 18. Parents of vision: <https://sites.google.com/site/parentsofvision/home>

PALO ALTO — 4th Tues. of month, 7– 8:30 P.M.
 Jewish Family & Child’s Services, 200 Channing Ave. **650-688-3097**

PALO ALTO — Last Tues. of month , 7–8:30 P.M.
 Psychosis Family Support Group, Mitchell Park Library, Fairmeadow Room, 3700 Middlefield Rd.
 Info: southbayprojectresource@gmail.com or www.southbayprojectresource.org

◆ **For Consumers & Families**

SAN JOSE — Every Wed., 6:30–8 P.M.
 Family Support & Wellness, W.R.A.P. (Wellness Recovery Action Plan) All 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 PM) Christian support group. Menlo Church, 950 Santa Cruz Ave.
 Info: **Jane Clark, 650-464-9033**

CUPERTINO — Every Tuesday 7-8 P.M.
 Christian support group. West Valley Presbyterian Church sanctuary, 6191 Bollinger Rd. Info: **Pastor Kim, 408-252-1365**

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. Sobrato Ctr 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 provides ongoing drop-in Survivors of Suicide Grief Support Group for those who have lost loved ones to suicide. To sign up: **Eddie Subega, 408-885-6216**

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 at 60 Daggett Dr. Info: sbicare.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 Dept./Health Edu., Behavioral Health, Kaiser, 5755 Cottle Rd., Bldg 3. **Susan Jones, MA, CMT, 408-363-4843.** Call **408-972-3340** to enroll.

SAN JOSE — Every Fri., 10:15–11:45 A.M.
Silicon Valley Independent Living Center (SVILC) hosts a free support group for those w/disabilities, 2202 N 1st St.
 Info: www.svilc.org or **408-894-9041.**

SAN JOSE —Suicide Bereavement Support Group; Finding one’s way through the wilderness of grief after a suicide loss. Holy Spirit Church, 1200 Redmond Ave., Parish Hall “Be Still Room.”
 Info: **Leah Harris 408-997-5110** or lharris@dsj.org

SANTA CLARA — Centre for Living with Dying
 Individual & small-group grief support for those dealing w/life-threatening illness or death of a loved one. Info: **408-243-0222**

Se Habla Español

SAN JOSE — Every Sat., 5–6:30 P.M.
 Family Support & Wellness, en español W.R.A.P. (Wellness Recovery Action Plan) for families, 2221 Enborg Lane. **Juan, Juan.Perez@hhs.sccgov.org** or **408-792-2166**

SAN JOSE — Every Sat., 6:30–8 P.M.
 2221 Enborg Lane. Contact **Juan Perez** at **408-528-5353** or email Mariala.Gonzalez@hhs.sccgov.org

SAN JOSE — Every Tues., 2 -3 P.M.
 Zephyr Self-Help, 1075 E. Santa Clara St., (back of building). **Leticia, 408-792-3921; Enrique, 408-792-2140**

SAN JOSE — ACT for Mental Health, Inc. en español, 441 Park Ave. **Armenda Sousa, Ph.D., 408-287-2640.**
NOTE: Spanish language website, www.dbsalianza.org

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; Chia-Ling Mao, 408-924-3152; Sunny Wang, 408-207-0070 x 2115**

SUNNYVALE (English) — 1st /3rd Thurs. of month, 7–9 P.M.
 API (Asian Pacific Islanders) Adult/Young Adult Peer Support Grp. **Kevin Ip** or kvnip@yahoo.com, **408-207-7385.** Call for location.

Therapeutic Services / Self-Help Centers

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

- ◆ **Grace Community Center 408-293-0422**
 484 E. San Fernando Street, San Jose
<http://sanjoseca.gov/facilities/facility/details/300>
- ◆ **Zephyr Central County Self-Help Center 408-792-2140**
 Dwtm Mental Health, 1075 E. Santa Clara St, SJ (Enter at rear)
- ◆ **Esperanza Self-Help Center 408-852-2460**
 1235 First St, Gilroy

NOTE: Self-Help Center: View schedules at this link: <https://www.sccgov.org/sites/mhd/Resources/Self-HelpCenters/Pages/default.aspx>



NAMI Santa Clara County Free Education and Support Programs

(For more information and/or to register, call the NAMI Office)

Family-to-Family Education Program —12-week course for family members who have a loved one with a mental illness (English, Spanish, Mandarin and Korean).

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

Peer-to-Peer Program—10-week experiential education course focusing on recovery for individuals 18 and over (English and Spanish).

Peer PALS Program (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).

Mentors on Discharge (MoD)—Trained Mentor is paired with someone who is currently hospitalized. Through weekly meetings and twice-weekly phone calls, Mentor supports the participant as he/she makes steps toward wellness and recovery.

Provider Course —5 week course for individuals who work with clients who has 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.

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

Family Support Groups —17 NAMI-format groups in 5 languages (English, Spanish, Mandarin, Cantonese, Korean).

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

Ending the Silence (ETS) —Program that involves talking about adolescent mental illness with high school students.

Parents & Teachers as Allies (PTAA) —2-hour inservice program for school professionals/families.

NAMI on Campus —Extension of NAMI's mission into the campus community with student-led clubs that tackle mental health issues.

NAMI FaithNet—nformation resource for faith communities.

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

Nature Walk Group —Group for consumers and family members that meets 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 living with a mental illness and their families by providing support, education and advocacy; to promote research; to reduce stigma and discrimination; and to improve services by working with health professionals and families.

NAMI Santa Clara County, Community Resource & Support Center 1150 S. Bascom Av Ste 24, San Jose CA 95128-3509

MEMBERSHIP APPLICATION OR RENEWAL

NOTE: If this is a renewal, please indicate any changes in the following:

Name: _____

Street Address: _____ City: _____ State: _____ Zip: _____

Home Phone: _____ Work Phone: _____ E-Mail Address: _____

****You will receive your newsletter via email. Please provide us with an email address.****

Would you be interested in doing volunteer work at NAMI? If interested, call 408-453-0400, option #1

Please accept my annual individual membership at the following level: Please check one: New Renewal

\$ 35 Membership Type: Standard Membership How did you hear about us? _____

\$ 3 Membership Type: Open Door

Please accept my additional donation(s): General Fund _____ Education Program _____ Other _____

In Memory of _____ In Honor of _____

Resource Handbook (Donation of \$25, w/postage add \$10) _____ Resource Guide Available online

Total Amount Enclosed: \$ _____ (Make checks payable to NAMI Santa Clara County.)

To pay online, go to [//www.namisantaclara.org](http://www.namisantaclara.org) and click on "Join NAMI."

Donate a vehicle today. To find out more, call 800-240-0160 or go to www.namisantaclara.org.

NAMI SCC welcomes your membership. Memberships are valid for one year. (Part of your membership dues enrolls you at NAMI State and National, which, in turn, automatically registers you as a member at all levels.) Your additional donations help ensure that we can maintain our office, as well as our education programs. Your membership and donations are tax deductible. **Tax #94-2430956**