

# NAMI-Santa Clara County

## Free Education and Support Programs

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

### EDUCATION PROGRAMS

**Family-to-Family** — 1-week course for family members who have a loved one with a mental illness (English, Spanish, Mandarin and Korean).

**Peer-to-Peer** — 10-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 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 Mentors** — Trained Mentor is paired with someone who is recently discharged from the hospital 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

**FaithNet** — Information resource for faith communities

**Nature Walk** — Peers\* 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.

**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  
**Effective July 1, 2017:** ☐ \$60 Household Membership ☐ \$40 Individual/Regular Membership ☐ \$5 Open Door

**Please accept my additional donation(s):** ☐ General Fund ☐ Education Program ☐ Other \_\_\_\_\_

☐ In Memory of \_\_\_\_\_ ☐ In Honor of \_\_\_\_\_

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

**To pay online, go to //www.namisantacalara.org and click on "Join NAMI."**

**Donate a vehicle today.** To find out more, call 800-240-0160 or go to [www.namisantacalara.org](http://www.namisantacalara.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**



National Alliance on Mental Illness

# Santa Clara County

## RESOURCE GUIDE

October 7, 2019

### NAMI-SCC 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.)

**The NAMI-SCC Warmline Help Desk**

**M-F, 10 A.M.-6 P.M.**

**408-453-0400, option #1**

### For Information in Other Languages:

**Juan Perez (se habla español)**

**Atien Hong (Mandarin)**

**408-528-5353**  
**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.**

**Mobile Crisis Response Team**

**800-704-0900, option # 2**

**Crisis assessment, intervention/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](http://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**

**REACH Program**

**1-855-273-2248**

**Assists youth/young adults ages 10-25, uninsured or Medi-Cal eligible in SCC, who are at clinical high risk for psychosis.**

**Bill Wilson Center Teen Crisis Line**

**408-850-6140**

**In Crisis: Text RENEW to 741741**

**To speak confidentially with a Crisis Counselor**

**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](http://www.NewLifeStyles.com)**

### Ongoing Services

**SCC Family & Children's Services**

**408-292-9353**

**NAMI-SCC 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

**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 \$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](http://www.edd.ca.gov)**

**State Disability Insurance (SDI)**

**800-480-3267**

**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**

**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 health care professionals. If you have health, medical, or disability questions, please consult a physician or other health care professional.

Information about additional community resources and support groups throughout Santa Clara County are also online on our website, [www.namisantacalara.org](http://www.namisantacalara.org).

We update this resource guide as well as the website as we receive new information.