

**SAN JOSE/EVERGREEN COMMUNITY COLLEGE DISTRICT
MENTAL HEALTH RESOURCES**

In Crisis:

Campus Police (408) 270-6468

Mental Health Urgent Care- Santa Clara County (408) 885-7855

Open daily from 8:00 am to 10:00 pm. This is an outpatient clinic for Santa Clara County residents who are experiencing a mental health crisis. MHUC provides screening, assessments, crisis intervention, referral and short-term treatment for adolescents and adults (13 years old and up).

On-Campus:

Student Health Center-Psychological Services Room SC-124 (408) 270-6480

Personal counseling is offered (under supervision of a licensed marriage and family therapist). Hours available each week, by appointment.

If an appointment is not available and the student is experiencing a personal crisis, s/he may be referred to the Santa Clara County Mental Health Urgent Care (listed above).

Hotlines and Self-Help:

**Suicide and Crisis Service/Stress Hotline
Santa Clara County** Toll Free: (855) 278-4204
(408) 279-3312
(650) 494-8420

National Suicide Prevention Hotline 1-800-273-TALK
suicidepreventionlifeline.org

Contact Cares Crisis Line (408) 850-6125
A contact line for anyone experiencing depression, anxiety, grief, loneliness, parental stress, or general hard times.

24-7 Line for Youth (888)247-7717

A hotline for youth ages 7-24, providing supportive listening, crisis intervention, information and referrals. Youth may call anytime for any reason.

National Alliance on Mental Illness (NAMI) (916) 567-0163
www.nami.org.

211 Information & Referral Service
Get connected. Get answers.
211.org

Homeless Shelter 1-800-SHELTER

Child Abuse/Neglect Hotline (408) 299-2071

Elder or Dependent Adult Abuse/Neglect Hotline (800) 414-2002

Community Solutions (24-hour Crisis lines):

Sexual Assault & Domestic Violence (877) 363-7238, (408) 683-4118

Youth & Family Crisis Line (408) 279-2962

Next Door Solutions 24-hour Hotline: (408) 279-2962

234 E. Gish Road, Suite 200, San Jose, Ca 95112
Domestic Violence services and Women's Shelter

Treatment Referral Hotline 1-800-662-HELP (1-800-662-4357)
For Substance Abuse

Community Mental Health Resources:

Bill Wilson Center (408) 243-0222

3490 The Alameda, Santa Clara, Ca 95050
Individual and couples counseling for adults. Offering a sliding scale.

John F Kennedy University Community Counseling Center (408) 524-4900

572 Dunholme Way, Sunnyvale, CA 94087
Website: www.jfku.edu/Locations/Community-Counseling-Centers/Sunnyvale-Counseling-Center.html

Asian American for Community Involvement (408) 975-2730

2400 Moorpark Ave., Suite #300, San Jose, CA 95128
Website: <http://aaci.org/>
Serves ALL communities. Counseling, Medication, Psychological Testing

CHAC Community Health Awareness Council (650) 965-2020

711 Church St., Mountain View, Ca 94041
Website: www.chacmv.org/

Alum Rock Counseling Center (408) 294-0500; Hotline: 408-294-0579

1245 E. Santa Clara Street, San Jose, Ca 95116
www.alumrockcc.org

Catholic Charities of Santa Clara County (408) 468-0100

2625 Zanker Road, San Jose, Ca 95134

Family and Children's Services (408) 292-9353

950 W. Julian Street, San Jose, Ca 95126
Private, non-profit human services agency serving individuals, couples, families; offering a sliding scale

Gardner Mental Health, Centro de Bienestar

(408) 287-6200

160 E. Virginia Street, San Jose, Ca 95112

Offering services to people in the community with limited means to pay and limited access to mainstream health services.

The Centre for Living with Dying

(408) 243-0222

1265 El Camino Real, Suite 208, Santa Clara, Ca 95050

Emotional support through individual, group and family therapy to adults and children facing life threatening illness or the trauma of having a loved one die.

Local Substance Abuse Support Groups:

Alcoholics Anonymous

800-923-8722

<http://aasanjose.org/>

Gateway

Santa Clara County Adult System of Care for Alcohol and Drug Treatment

8AM-5PM Monday to Friday

1-800-488-9919

Voices United

Alcohol and Drug Information Resource

<http://voicesunited.net/>.

LGBTQ RESOURCES

On-Campus:

Office of Student Life at Evergreen Valley College - Gullo Student Center, G-205 (2nd floor)

Student Health Center-Psychological Services

(408) 270-6480

Personal counseling is offered (under supervision of a licensed marriage and family therapist). Hours available each week, by appointment.

If an appointment is not available and the student is experiencing a personal crisis, s/he may be referred to the Santa Clara County Mental Health Urgent Care (listed above).

Hotlines:

Suicide & Crisis Hotline/Stress Hotline

(855) 278-4204

Santa Clara County, 24/7 toll free multi-lingual counselors available

Anti-Hate Hotline

(408) 279-0111

A service for listening, reporting and follow-up of incidents of discrimination and hate crimes

The Trevor Lifeline (for LGBTQ youth)

(866) 488-7386

thetrevorproject.org

In the Community:

Billy DeFrank Center

(408) 293-3040 938 The Alameda,

San Jose, CA 95126

The community's premier resource hub and a recognized leader in promoting health, strength, diversity and inclusiveness.

Community United Against Violence (CUAV)

(415) 333-4357

cuav.org

CUAV works to build the power of LGBTQQ (lesbian, gay, bisexual, transgender, queer, and questioning) communities to transform violence and oppression.

THE LGBTQ Youth Space

(408) 343-7940

452 South First Street, San Jose, Ca 95113

<http://www.youthspace.org/resources>

Confidential Counseling to LGBTQ youth (Ages 16-24). Drop-in hours are Wednesdays from 4:00 pm to 7:30 pm

VETERAN'S RESOURCES

San Jose Vet Center

(408) 993-0729

278 N. 2nd Street

Mental health and employment counseling, referrals and medical and benefits assistance

Veterans Crisis Line

(800) 273-8255; press 1 for the Crisis Line

VA Palo Alto Healthcare Center

(650) 493-5000

Psychological and Social Work Services

Men's and Women's Trauma Recovery Programs

(650) 493-5000 ext 27166

Menlo Park Division

(650) 614-9997

795 Willow Road Menlo Park, CA 94025

Social work, substance use counseling and wellness services

Veterans Outreach Project

1075 E. Santa Clara St. 2nd floor, San Jose, Ca 95116

Outreach, referrals and peer support

VET Center

(877) WAR-VETS (927- 8387)

Confidential counseling 24/7