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:

San Jose City College Room- SC-109 (408) 288-3724
Evergreen Community College 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. Co-pay $1 per session.

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 Toll Free: (855) 278-4204
Santa Clara County (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

4/22/2015
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)**
www.nami.org

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

**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.

4/22/2015
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, CST: Center for Survivors of Torture.

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 Support Groups:

4/22/2015
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

4/22/2015
CUAV works to build the power of LGBTQ (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

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