

**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](http://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](http://www.nami.org)**

**211 Information & Referral Service**

Get connected. Get answers.

[211.org](http://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.

**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](http://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/](http://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](http://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

**Alcoholics Anonymous**

800-923-8722

[aa.org](http://aa.org)

**LGBTQ RESOURCES**

**On-Campus:**

**Office of Student Life at Evergreen Valley College - Gullo Student Center, G-205 (2<sup>nd</sup> 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](http://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](http://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