

St. Simon Parish

Hope and Wellness Ministry Resources Guide

988 is the three-digit dialing code connecting people to the 988 Suicide & Crisis Lifeline (formerly known as the National Suicide Prevention Lifeline), where support from trained crisis counselors is available 24/7 nationwide for anyone experiencing a mental health or substance use crisis or any other emotional distress. The 988 Suicide & Crisis Lifeline is now active across the entire United States. It is often accessed first and may be sufficient so that 911 does not need to be called. 911 is to be called in an emergency- e.g., when a person is threatening actively to harm themselves or others.

THREE WAYS TO ACCESS SUPPORT: (1) Call 988, (2) Text 988 or (3) Chat: 988lifeline.org/chat

Santa Clara County Emergency Mental Health Services

1. County of Santa Clara Behavioral Health Services

<https://bhsc.sccgov.org/home>

Mental Health and Substance Use Services

Call 1 (800) 704-0900

Crisis and Suicide Prevention Lifeline 24/7

Call 1 (800) 704-0900, press 1

Or Dial 988 for *local 408, 650, and 669 area codes*

Or Text RENEW to 741741

Available 24 hours, 7 days a week including holidays

Extensive Information on website regarding services available in Santa Clara County.

Services: Mental Health and Substance Use

2. Santa Clara Valley Medical Center

<https://bhsc.sccgov.org/programs-services/emergency-services/emergency-psychiatric-services-eps>

871 Enborg Lane, San Jose, CA 95128

408-885-6100

Services: Emergency Psychiatric Services (EPS) is available 24/7

Outpatient Mental Health Services for Children/Teens

3. Children's Health Council

<https://www.chconline.org>

650 Clark Way, Palo Alto, CA 94304

English: [\(650\) 326-5530](tel:6503265530) Español: [650.688.3650](tel:6506883650)

Email: careteam@chconline.org

CHC provides services for learning differences and mental health for children, teens and young adults.

4. Stanford Health Care Outpatient Psychiatry

<https://med.stanford.edu/childpsychiatry.html>

401 Quarry Road, Palo Alto, CA 94304

650-723-5511

Provides specialty clinics for many mental health issues specific to children and adolescents.

5. allcove CSC Behavioral

<https://allcove.org>

2741 Middlefield Rd., Suite 102, Palo Alto, CA 94306

650-798-6330

Services: allcove is a space for youth (12 to 25) to find community, support, advice or even just a moment of pause.

Outpatient Mental Services for Adults

6. County of Santa Clara Behavioral Health Services – Refer to #1

7. Sunnyvale Behavioral Health Clinic

<https://bhsc.sccgov.org/programs-services/outpatient-services>

660 South Fair Oaks Avenue, Sunnyvale, CA 94086

408-992-4941

Services: Mental Health

8. Asian Americans for Community Involvement

<https://aaci.org>

2400 Moorpark Avenue, Suite 300, San Jose, CA 95128

408-975-2730

Provides mental health services in many Asian languages as well as English

9. HealthRIGHT 360

<https://healthright360.org/>

Multiple Agencies throughout the Bay Area

Services: Include Certified Community Behavioral Health

10. Catholic Charities of Santa Clara County

<https://www.ccsc.org/>

2625 Zanker Rd., Suite 201, San Jose, CA 95134

408-468-0100

Services: A wide variety of mental health services, including case management, for people of all ages.

11. Momentum for Health

<https://momentumforhealth.org/>

206 California Ave., Palo Alto, CA 94036

650-617-8340

1503 Grant Rd., Unit 110, Mountain View, CA 94040

408-642-6073

Services: Mental Health for Youth, Outpatient, Residential, Community Programs

12. San Mateo County Behavioral Health & Recovery Services

<https://www.smchealth.org/mental-health-services>

2000 Alameda de las Pulgas, Suite 235, San Mateo, CA 94403

650-573-2541

Services: Mental Health & Substance Abuse

Self-Help Mental Health Services

13. NAMI – National Alliance on Mental Illness, Santa Clara County

<https://namisantaclara.org>

NAMI Warm Line for Support & Information 1-408-453-0400 ext. 1

(Open M-F; 10:00am – 6:00pm) Text “NAMI” to 741741 National

Domestic Violence Hotline 1-800-799-7233

1150 South Bascom Ave., Suite 24

San Jose, CA 95128

Services: The mission and values of NAMI Santa Clara County is to help people with a lived experience of mental illness and families to provide 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.

14. Friendship Line for Institute on Aging 1-800-971-0016

<https://www.ioaging.org/friendship-line-california/>

Services: Talk Hotline for Seniors 60+

Medical Centers with Psychiatric Services

15. VA Palo Alto Healthcare System Mental Health Treatment Services

<https://www.va.gov/palo-alto-health-care/health-services/#mental-health-care>

3801 Miranda Avenue, Mail Code 116A, Palo Alto, CA 94304

650-493-5000 ext. 60050

Services: Substance use treatment, Detoxification, Treatment for co-occurring substance use plus either serious mental health illness in adults/serious emotional disturbance in children.

16. Stanford Hospital and Clinic Adult Psychiatry

<https://stanfordhealthcare.org/medical-clinics/outpatient-psychiatry-clinic/programs.html>

401 Quarry Road, Palo Alto, CA 94304

650-948-9111

Services: Substance use treatment; Mental health treatment; Treatment for co-occurring substance use plus serious mental health illness in adults. Both inpatient & outpatient services are available

17. El Camino Hospital

<https://www.elcaminohealth.org/services/mental-health>

2590 Grant Rd., Mountain View, CA 94040

650-988-8468

Services: Mental Health and Behavioral Health

Useful Mental Health Websites

18. SAMHSA: Substance Abuse and Mental Health Services Administration

<https://www.samhsa.gov/behavioral-health-equity/about>

Services: Behavioral Health and Treatment

19. NAMI - Refer to #13

NOTE: The information in this Resource Guide is presented in summary form with links to local resources. It is 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 professionals. Information about additional community resources can be found at: <https://findtreatment.gov/>