

COVID-19 SUPPORT SERVICES

NAMI Santa Clara County (NAMI-SCC) is closely monitoring the coronavirus outbreak. Based on the latest guidance from the County of Santa Clara Public Health Office, and for the health and safety of all, NAMI-SCC has decided to cancel, **effective March 16th until further notice**, the following:

- **ALL in-person visits** to our office, including Warmline, education classes and volunteer activities.
- **ALL NAMI-SCC in-person support groups**; MANY WILL BE HELD ONLINE. Please call Warmline for update.

Many of us in the NAMI community are medically fragile we are committed to doing our part to protect our community. We regret the impact this will have on NAMI-SCC activities. Many meetings MAY be hosted online; please stay-tuned to all NAMI-SCC communications for the most up-to-date information.

The Warmline staff will continue to be available to the community in several ways, including:

- **Phone:** Call us at **408-453-0400 option 1**, Monday through Friday, 10:00am to 6:00pm.(Phone call only)
- Visit our website, www.namisantaclara.org 24 hours a day, seven days a week, for resources and information about mental health
- **Email:** Email us with your questions or concerns at info@namisantaclara.org.

We have put together a list of resources below that you can use for support during this time.

Local Emergency Numbers (24/7)

1. Mobile Crisis Response Team - **1-800-704-0900 Press 2**
2. Santa Clara County Suicide & Crisis Hotline - **1-855-278-4204**
3. National Suicide Prevention Helpline - **1-800-273-8255**
4. Crisis Text Line - Text **RENEW** to **741741**

TalkLines: Call the numbers below to for emotional support and find mental health resources

1. [SAMHSA's National Helpline](http://www.samhsa.gov) – **1-800-662-HELP (4357)**
2. [Peer-Run Warmline](http://www.7cups.com) - **1-855-845-7415** – Offers 24/7 Emotional Support & referrals to callers and online chat visitors
3. **Santa Clara County Mental Health Services Call Center 1-800-704-0900**
4. Bill Wilson Center **Youth Crisis Line (ages 7-24)* 888-247-7717**
5. Bill Wilson Center **Contact Cares** (Depression, Anxiety, Grief, Loneliness, Parental Stress) **408-850-6125**

Online Emotional Support

1. [7 Cups](http://www.7cups.com) – www.7cups.com is an online 24/7 website (and also a mobile app) providing free support to people experiencing emotional distress
2. **Online Support Groups:**
 - a. Depression and Bipolar Support Alliance (DBSA) has online support groups: www.dbsalliance.org
 - b. [Meetup.com](http://www.meetup.com) has support groups for depression, anxiety. Look here for community support (cont'd on next page)

For any other resource, go to www.namisantaclara.org and look under Resources Menu.

- c. SupportGroups.com: Website featuring 200+ online support groups.
<https://www.supportgroups.com/online>

Other Support:

1. **Mental Health Urgent Care** – Ph. **408-885-7855 871**
871 Enborg Court, SJ, Unit 100; Daily 8 A.M.–10 P.M.; Offer out-patient psychiatric care for patients who are uninsured or have Medi-cal/Medicare. No appointment needed.
2. **211 Santa Clara County** – Ph. 2-1-1 Free non-emergency, confidential 3-digit phone number/service for access to critical services (multilingual); www.211scc.org
3. [NAMI-SCC Resource Guide](#) page 1 for local resources.