

Mental Health Community Resources (for non-crisis):

GRONOWSKI CENTER

5150 El Camino Real, Ste. C-15, Los Altos, CA 94022
Phone: 650-961-9300 • www.gronowskicenter.org/

COMMUNITY HEALTH AWARENESS COUNCIL (CHAC)

590 W. El Camino Real, Mountain View, CA 94040
Phone: 650-965-2020 • www.chacmv.org

FAMILY AND CHILDREN'S SERVICES

375 Cambridge Ave., Palo Alto, CA 94306
Also has 5 other locations in San Jose, CA
Phone: 650-326-6576 • www.fcservices.org

PSYCHOLOGY TODAY *An online directory that lists mental health therapists near where you live)*

<https://www.psychologytoday.com/us/therapists>

OPEN PATH COLLECTIVE

Resource/online directory for affordable therapy
<https://openpathcollective.org/>

7 CUPS *Free 24-hour online text chat for support*
www.7cups.com/

BILL WILSON CENTER

3490 The Alameda, Santa Clara, CA 95050
Phone: 408-243-0222 • www.billwilsoncenter.org

EL CAMINO HOSPITAL

2500 Grant Rd., Mountain View, CA 94040
Phone: 650-962-4453 •
<http://www.elcaminohealth.org/services/mental-health>

LA SELVA GROUP (**only serves people **without** insurance*)

206 South California Ave., Palo Alto, CA 94306
Phone: 650-617-8340 ext 3771 • www.thelaselvagroup.org
email Martha Zambrano, LMFT: mzambrano@momentumMH.org

211 *A community referral phone service where you can ask about mental health agencies near where you live*

Phone: 211 • www.211.org

24-HOUR NON-CRISIS PHONE WARM LINE

A non-emergency help line providing referrals and support
Phone: **1-855-845-7415**

**You can also consider contacting your own health insurance for mental health referrals and resources.*

Psychiatric Emergency (Harm to Self or Others):

MENTAL HEALTH URGENT CARE CLINIC

Walk-in outpatient clinic for Santa Clara County residents regardless of insurance; provides phone consultation, assessment referrals, short-term counseling, some psychiatry medication, crisis intervention. Many languages spoken

871 Enborg Ct., San Jose, CA 95128 • Phone: 408-885-7855 • Hours: 8:00am – 10:00pm daily
<https://www.sccgov.org/sites/bhd/Pages/home.aspx>

PSYCHIATRIC CRISIS HOTLINES (24 hours daily)

- National Suicide Prevention Lifeline: 800-273-8255
- Santa Clara County Suicide and Crisis: 855-278-4204
- Crisis Text Line: text "CONNECT" to 741741

ALTERNATIVE CRISIS INTERVENTIONS:

- Call 911
- Visit the nearest hospital's Emergency Room
- If on campus, visit Campus Police (Room 2103)

Help from Abuse (Sexual Violence):

SEXUAL ASSAULT HOTLINES (available 24 hours daily):

- Rape Crisis Hotline (Santa Clara County): 408-779-2115
- Rape Crisis Hotline (San Mateo County): 650-493-7273
- Rape Crisis Hotline (San Jose): 650-280-3000
- Women Against Rape (San Francisco): 415-647-7273
- YWCA Rape Crisis Center Silicon Valley: 800-572-2782
- Rape Abuse and Incest National Network: 800-656-4673