MENTAL HEALTH RESOURCES

Mental Health Crisis Services

For immediate help, utilize a crisis line.

Santa Clara County Suicide & Crisis Hotline (24/7) (855) 278-4204

Bill Wilson Center Crisis Line (408) 850-6125

Domestic Violence Crisis Line (Next Door Solutions) (408) 279-2962

Mental Health Urgent Care walk in clinic
For crisis services evaluation, 7 days a week, 8 a.m. – 10 p.m.
871 Enborg Ct.
San Jose, CA 95128 (408) 885-7855

Mobile Crisis Response Team (Behavioral Health Services Department)
For screening and assessment of crisis situations over the phone and intervention wherever the crisis is occurring.
Monday – Friday, 8a.m. – 8p.m. (800) 704-0900

Crisis Text Line
Crisis Text Line is free, 24/7 support for those in crisis. Text 741741 from anywhere in the U.S. to text with a trained Crisis Counselor.

7 Cups
7 Cups is an online 24/7 website (and also a mobile app) providing free support to people experiencing emotional distress by connecting them with non-professional listeners trained in active listening. They also offer online professional therapists. 7cups.com

Please call 911 in situations with the imminent life in danger.

Information Support Services

211 Bay Area Information & Referral Services
211bayarea.org (800) 273-6222

National Alliance on Mental Illness (NAMI)
namisantaclara.org (408) 453-0400

Centre for Living with Dying (Bill Wilson Center)
billwilsoncenter.org (408) 243-0222

Drug Addiction and Rehab
A comprehensive website of resources and treatment.
rehab.com (877) 630-2581

Emergency Housing Consortium
(408) 294-2100

Depression and Bipolar Support Alliance
dbsalliance.org (800) 826-3632

National Institute of Mental Health
nimh.nih.gov (866) 615-6464

Mental Health America
mentalhealthamerica.net (800) 969-6642

Child Abuse Reporting Center (408) 299-2071

Elder and Dependent Adults Abuse Reporting Center (408) 928-3860

LGBTQ Services

LGBTQ Youth Space
Drop-in center offering support groups, workshops, counseling for youth ages 12-25.
452 South First St. San Jose, CA 95113
youthspace.org (408) 343-7940

Billy DeFrank LGBT Community Center
Provides community, leadership, advocacy, and support to the Silicon Valley’s LGBTQ people and their allies.
938 The Alameda, San Jose, CA 95126
defrankcenter.org (408) 293-3040

Bill Wilson Center’s LGBTQ Outreach Program
Serving LGBTQ+ youth (18-25) looking for a safe inclusive space where they will be supported and empowered.
693 S. 2nd Street, San Jose (408) 925-0233

Mission College Student Health Services
Room SEC-104
Next to the Welcome Center
(408) 855-5140

healthservices.missioncollege.edu
Mission College Services

Student Health Services
Therapy and counseling services with a licensed professional are available by appointment as well as for crisis management.
Location: SEC 104 (408) 855-5140

Counseling Office
Personal counseling can help students resolve issues that interfere with school.
Location: SEC 135 (408) 855-5034

Crisis counseling is available for students in emotional distress or for those experiencing a personal crisis that requires immediate attention: (408) 855-5555

Services Through Your Health Insurance

If you have Medi-Cal insurance or no insurance:
Mental Health Call Center staffs are available 24/7 in many different languages.
sccgov.org (800) 704-0900

If you have private health insurance:
Call your insurance for behavioral health services or look for behavioral health provider on your insurance provider list (frequently found on the insurance website). Look for a psychotherapist on psychologytoday.com by entering your zip code and selecting your health insurance in the search criteria.

Note: If you are covered under another person’s health plan in California—like your parent’s or spouse’s—you can also access your health information through myhealthmyinfo.org

Sliding Scale Counseling/Therapy

If you don’t have health insurance or are not able to find therapy services that work for you through your health insurance, there are other options for a sliding scale therapy services.

Open Path
Search through a list of local licensed psychotherapists and psychotherapist associates.
onpathcollective.org (800) 268-2833

Peace-It-Together
Sliding scale fee-based upon income
1588 Homestead Road, M/B #10, Suite A & B
Santa Clara, CA 95050
peace-it-together.org (408) 774-1009

Lighthouse of Hope Counseling Center
Counseling center that works with various health insurances, but also will work on establishing a sliding scale fee for you as needed. Call to schedule an intake appointment.
1515 Partridge Ave, Sunnyvale, CA 94087
lighthouseofhopecc.org (408) 716-8101

Gronowski Clinic
Sliding scale fee – based on income, starting at $5.
Services provided by intern in training. Sessions are video recorded for training purposes. Spanish speaking as well as other languages services available.
5150 El Camino Real Building C, Suite C15
Los Altos, CA 94022
gronowskicenter.org (650) 417-2037

Community Health Awareness Council (CHAC)
Sliding scale fees based on income, fee determined after first intake session which costs $25. Spanish speaking counselors are available.
590 W El Camino Real, Mountain View, CA 94040
chacmv.org (650) 965-2020

Christian Counseling Center
Various locations including Sunnyvale, Los Altos and San Jose. Fee varies depending on the level of experience of the counselor, starting at $20.
477 N. Mathilda Ave., Sunnyvale, CA 94085 (650) 961-5798
christiancounselingcenters.org

Bill Wilson Center
Sliding scale fee-based upon ability to pay
1671 The Alameda, San Jose, CA 95126
billwilsoncenter.org (408) 243-0200

ACT for Mental Health
Affordable counseling services for individuals and families.
441 Park Avenue, San Jose, CA 95110
actmentalhealth.org (408) 287-2640

Y.W.C.A. Counseling Clinic
Sliding scale fee-based upon ability to pay
375 S. Third St., San Jose, CA 95112
ywca-sv.org (408) 295-4011 ext.259

Foothill Community Health Center
Sliding scale based on income starting at $20
2680 S. White Rd., Suite 170,
San Jose, CA 95148 (408) 755-3905

Almaden Valley Counseling Service
Sliding scale fee-based upon ability to pay
6529 Crown Blvd. Suite D, San Jose, CA 95120
avcounseling.org (408) 997-0200

Process Therapy Institute
1760 The Alameda Suite 100, San Jose, CA 95126
processes.org (408) 963-6694

BetterHelp
Largest online counseling platform worldwide.
betterhelp.com