

Immediate/Emergency Support:**1. Uplift Crisis Stabilization (formerly EMQ): (408) 379-9085**

The Mobile Crisis Program provides 24-hour intervention to children and adolescents in the community who are experiencing acute psychological crisis. Included are a 5150 assessment (mental health hospitalization) along with safety planning and referrals to community based mental health services. Length of service is two to four hours.

2. Crisis Call Center (National Suicide Prevention Lifeline): (800) 273-8255**3. Alum Rock Counseling Center - Crisis Line: (408) 294-0579**Community Counseling Resources (long term support):**1. Santa Clara County, Department of Mental Health**

- 800.704.0900 | <http://www.sccgov.org/sites/mhd/Pages/default.aspx>
- This will take you to a call center. They will take your information and refer you to the appropriate agency.

2. YWCA

- (408) 295-4011 | <http://ywca-sv.org/contact/index.php> | 375 S. 3rd Street in San Jose
- Income based sliding scale available

3. Gardner Health Services

- (408) 918-2600 | <http://www.gardnerfamilyhealth.org/> | 160 E. Virginia Street in San Jose
- You must call the call center at (800) 704-0900 prior to calling the number above

4. Almaden Valley Counseling Service

- (408) 997-0200 | <http://www.avcounseling.org/> | 6529 Crown Blvd Suite D in San Jose

5. Uplift Family Services (Formerly EMQ Families First)

- (408) 379-3796 | <http://upliftfs.org/> | 1310 Tully Road, Suite 101 in San Jose
- Medi-Cal accepted

6. Alum Rock Counseling Center

- (408) 510-5190 | <http://www.alumrockcc.org> | 75 E. Santa Clara Street in San Jose
- Medi-Cal accepted

The Santa Clara County Department of Mental Health will refer you a counseling agency based on the specific needs of you and your child.

Phone Number: 800-704-0900 **Call between:** 9am – 5pm

- If you do not have medical insurance they will still refer you to a counseling agency.
- If you have Medi-Cal or Medicare, please have your insurance number ready.
- If you have medical insurance other than Medi-Cal or Medicare, you must first call your insurance provider to find out what mental health services they offer. If they do not provide the service you need, call the SCCDMH and they will refer you to a counseling agency.

Phone Prompts:

- Press 1 for English Press 2 for Spanish
- Press 1 for Suicide Hotline **Press 2 for Referral** Press 3 for General Information
- Press 1 for Services for an Adult **Press 2 for Services for a Child**
- **Press 1 for Mental Health** Press 2 for Substance Abuse

A receptionist will answer and will ask for:

- Your name and your child's name
- Your medical insurance number (if you have medical insurance)
- What your mental health concerns are for your child. Based on your concerns, the receptionist will make a recommendation to the appropriate community-based agency.