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## **Mental Health Resources and Referrals**

Psychological services at De Anza & Foothill College provides registered students with counseling services. Students are limited to sessions and/or may sometimes need specialized services such as assessment, medication, medication management, or long-term therapy.

**Mental Health Community Resources (for non-crisis):**

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| **\*Bill Wilson Center with Foothill & De Anza College.**  Students will interview with BWC agent, who will assess referral eligibility and determine counseling options.  **Bill Wilson Services May Include:**   * Individual counseling ● Group counseling * Family counseling ● Mental health assessments * Parent Child Interaction Therapy (PCIT) * Treatment planning ● Service Linkages * Medi-Cal clients under the age of 24 yrs: medication support * Evidence Based Practices: Trauma Informed Care, Cognitive Behavior Therapy, Motivational Interviewing * Parent Child Interaction Therapy   **GRONOWSKI CENTER**  5150 El Camino Real, Ste. C-15, Los Altos, CA 94022 Phone:  650-961-9300 ● [www.gronowskicenter.org/](http://www.gronowskicenter.org/)  Based off Sliding Scale - Doesn’t accept insurance | Foothill & De Anza College will assist with student referrals from the Student Health Services and Psychological Services departments, especially if they receive Medi-Cal and/or are homeless. Students who may also benefit from Bill Wilson Center services may be low income, uninsured, or underinsured.  Please keep in mind even if you’re a part of the statuses above you must still go through an interview process to determine eligibility.  **BILL WILSON CENTER**  3490 The Alameda, Santa Clara, CA 95050  Phone: 408-243-0222 ● [www.billwilsoncenter.org](http://www.billwilsoncenter.org)  **Asian American for Community Involvement**  2400 Moorpark Ave., Suite #300 San Jose, CA 95128  Phone: 408-975-2730 ● aaci.org  Serves ALL communities. Counseling, medication, psychological testing | In-person and online| Accepts insurance & medical |
| **COMMUNITY HEALTH AWARENESS COUNCIL (CHAC)**  590 W. El Camino Real, Mountain View, CA 94040  Phone: 650-965-2020 ● [www.chacmv.org](http://www.chacmv.org)  Based off sliding scale| Accepting new clients | **EL CAMINO HOSPITAL**  2500 Grant Rd., Mountain View, CA 94040 Phone: 650-962-4453 ●  <http://www.elcaminohealth.org/services/mental-health> |
| **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](http://www.fcservices.org)  Accepts most insurance & medical| sliding scale | **LA SELVA GROUP**  206 South California Ave., Palo Alto, CA 94306  Phone: 650-617-8340  ext 3771 ● [www.thelaselvagroup.org](http://www.thelaselvagroup.org)  *email Martha Zambrano, LMFT:* [*mzambrano@momentumMH.org*](mailto:mzambrano@momentumMH.org)  \*Only serves people **without** insurance |
| **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/](http://www.7cups.com/)  **Crisis Text Line** Text Home to 741741 to connect with a crisis counselor |free 24/7| [www.crisistextline.org](http://www.crisistextline.org) | **211** *A community referral phone service where you can ask about mental health agencies near where you live*  Phone: 211 ● [www.211.org](http://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):**

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| **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 |

**Help from Abuse (Sexual Violence):**

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| **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 |

**Help from Abuse (Domestic Violence):**

* **24 Hour Victim Counseling and Referrals**
* National Domestic Violence Hotline 1-800-799-7233
* Support Network for Battered Women: 408-501-7550
* YWCA (Santa Clara County) 1800-572-2782
* Community Solutions: 1-877-363-7238 (Morgan Hill, San Martin, & Gilroy) (English & Spanish)
* Next Door Solutions: 408-279-2962 (Santa Clara County) (English, Spanish, Persian, Vietnamese)
* S.A.V.E. (Fremont): 510-794-6055
* Women’s Crisis Support (Santa Cruz) 408-429-1478
* Watsonville Hotline 408-728-2295