Mental Health Resources

Connect Online with Health Services via Cranium Cafe/services/online/health.html

Mental Health Resources

Bill Wilson Center SOS Crisis Hotline
(408) 278-2585

National Crisis Text Line
Text “COURAGE” to 741741

Suicide Prevention and Crisis Hotline
(855) 278-4204

Santa Clara County Urgent Care Clinic
(408) 855-7855

County Mental Health Call Center
(800) 247-7717

National Suicide Prevention Lifeline
(800) 273-TALK (8255)

South Bay Sliding Scale Counseling/Therapy

South Bay/Sliding Scale Counseling/Therapy

Crisis/Suicide Prevention Resources
Santa Clara County Suicide Prevention and Crisis Hotline is (855) 278-4204, toll free 24/7

Santa Clara County Mobile Crisis Response Team
For adults with Mental Health Crisis, available 8:00 AM – 8:00 PM
(800) 704-0900

For SJSU On-Campus Suicide Assistance

Covered by Medi-Cal or have no insurance?
Contact the Santa Clara County Mental Health Referral.

https://www.westvalley.edu/services/health/mental-health-resources.html
Hotline: (800) 704-0900

**NAMI - National Alliance on Mental Illness**

Therapy, group, and various resources: namisantaclara.org/findingtherapy

**Need Substance Abuse Treatment?**

Gateway Referral Hotline: (800) 488-9919

**Santa Clara County- Urgent Care Clinic**

(408) 885-7855

871 Enborg Court, San Jose, CA 95128

Hours: Monday – Friday, 8:00 AM – 10:00 PM
Open holidays and weekends

- Services: Temporary care clinic, assessed by clinician, then referred as appropriate
- Fees: Medi-Cal or uninsured
- Other Languages: Spanish

**211**

Call this number for referral information on basic human needs, such as physical and mental health, and employment

Age Youth Mental Health Services, Transitional Housing Program

- Fees: Varies: no fees and sliding scale
- Other Languages: Vary by program
- Hours: Vary by program

**Catholic Charities of Santa Clara County**

(408) 468-0100
catholiccharitiesscc.org

2625 Zanker Road, San Jose, CA 95134

- Services: Varies
- Fees: income-based sliding scale
- Hours: Receptionist available Monday – Friday from 10:00 AM – 3:00 PM

**Community Health Awareness Council**

(650) 965-2020

Fax: (650) 965-7286
chacmv.org

590 W. El Camino Real, Mountain View, CA 94040

https://www.westvalley.edu/services/health/mental-health-resources.html
Email: info@chacmv.org

- Services: Counseling for individuals, couples, families, and crisis intervention. LGBTQ and Latinx targeted services, parenting classes, legal assistance. Groups and classes also available.
- Fees: income-based sliding scale
- Other Languages: multi-lingual counseling available in more than 11 languages, including Spanish
- Hours: Monday – Thursday from 9:00 AM – 8:00 PM, Friday from 9:00 AM – 6:00 PM

**Family and Children Services Silicon Valley**

**Julian Street**

(408) 292-9353

fcservices.org

San Jose 950 West Julian St., San Jose, CA 95126

- Specialty: Counseling and services for deaf and hard of hearing clients, LGBTQ youth
- As well as: Substance Abuse Classes
- Fees: Counseling – Medi-Cal. income-based sliding scale
- Other Languages: Spanish, American Sign Language

**First Street**

(408) 841-4103

fcservices.org

San Jose 2226 N. 1st Street, San Jose, CA 95131

- Specialty: Domestic violence, parenting, drug and alcohol and child abuse classes. Individual counseling.
- Fees: income-based sliding scale. Counseling is Medi-Cal based.
- Other Languages: Spanish, American Sign Language
- Hours: Monday – Friday from 3:00 PM – 9:00 PM

**Lighthouse of Hope Counseling Center**

(408) 716-8101

lighthouseofhopeccc.org

1515 Partridge Ave, Sunnyvale, CA 94087

Email: info@lighthouseofhopeccc.org

- Services: Counseling for individuals, couples, families, and crisis intervention. Parenting classes.
- Fees: income-based sliding scale
- Hours: Tuesday – Friday from 10:00 AM – 6:00 PM

**Peace-It-Together**

(408) 774-1009

peace-it-together.org
Fax: 408-249-2291
1588 Homestead Road, M/B #10, Suite A & B, Santa Clara, CA 95050
Email: info@peace-it-together.org

- Services: Counseling for individuals, couples, families, and crisis intervention. Group programs.
- Fees: income-based sliding scale. Accepts Medi-Cal, Valley Health Plan, Santa Clara Family Health Plan, Anthem Blue Cross Managed Care, Beacon, and Victim Witness Funding.
- Other Languages: Spanish, Tagalog, Vietnamese
- Hours: Monday – Friday from 9:00 AM – 8:00 PM

**Sofia Counseling Center**

Counseling Line: (650) 493-5006

sofiacounseling.com

1057 East Meadow Circle, on Sophia University Campus, Palo Alto, CA 94303
Email: counseling@sofia.edu

- Services: Counseling and spiritual guidance for individuals, couples, families
- Fees: income-based sliding scale
- Other Languages: Spanish
- Hours: Monday – Saturday from 8:00 AM – 9:00 PM

**Sunnyvale Counseling Center (at John F. Kennedy University)**

408) 524-4900

jfku.edu/cbcppartners

572 Dunholme Way, Sunnyvale, 94087

Contact Jes Moniz, manager of Community Based Programs at (925) 969-3444oct@jfku.edu

**Counseling Services**

**Almaden Valley Counseling Services**

avcounseling.org
catholiccharitiesscc.org

6529 Crown Boulevard, Suite D, San Jose, CA 95120

Email: intakes@avcounseling.org or staff@avcounseling.org

Low cost services to children, adolescents, individuals, couples, and families, provided by therapist associates, supervised by a licensed MFT, LCSW, or LPCC.

- Fees: income-based sliding scale
- Other Languages: Spanish
• Hours: The intake office is open Monday – Thursday. Calls are returned after 10:00 AM.

**Alum Rock Counseling**

(408) 294-0500

24/7 Crisis Hotline: (408) 294-0579

Fax: (408) 294-2451

alumrockcc.org

1245 East Santa Clara St., San Jose 95116

Email: info@alumrockcc.org

• Services: case management, counseling, and group structured activities for at-risk, low-income youth ages 13 to 17
• Fees: limited counseling sessions free, additional sessions with MediCal.
• Languages: Spanish, Vietnamese

**Bill Wilson Center**

Crisis Line (all ages): (408) 850-6125

Young Adults Line: (408) 850-6140

billwilsoncenter.org

3490 The Alameda, Santa Clara, CA 95050

• Services: Vary by program: Center for Living with Dying, Contact Cares, Drop-In Center, Family and Individual Counseling, LGBTQ Outreach, Transitional

**Palo Alto**

(650) 326-6576

fcservices.org

375 Cambridge Avenue, Palo Alto, CA 94306

• Services: Individual, group, family therapy, Men’s Domestic Violence and Substance Abuse Classes
• Fees: Insurance and self pay. Income-based sliding scale
• Hours: Monday – Friday from 9:00 AM – 6:00 AM

**Foothill Community Health Center**

(408) 755-3905

sjfcc.org/behavioral-health-clinics

2680 S. White Road, Suite 170 San Jose, CA 95148

• Services: Individual counseling
• Fees: Sliding scale MediCal/MediCare/PPO Insurance plans accepted
- Other Languages: English, Spanish
- Hours: Monday – Friday, 9:00 AM – 6:00 PM

**Gronowski Center at Palo Alto University**

(650) 961-9300
Fax 650-961-9310

gronowskicenter.org

5150 El Camino Real, Suite C15, Los Altos, CA 94022

- Services: Counseling for individuals, couples, families. Specialty services for the LGBTQ and Latinx community. Mindfulness training.
- Fees: income-based sliding scale
- Other Languages: Spanish
- Hours: Monday – Thursday from 9:00 AM – 8:00 PM, Friday from 9:00 AM – 8:00 PM, Saturday from 10:00 AM – 2:00 PM

**LGBTQ Youth Space**

(408) 343-7940

youthspace.org

452 South 1st St., San Jose, CA 95113

**Youth Services: Alum Rock Counseling Center**

(408) 294-0500

24 hour Crisis Line: (408) 294-0579

**YWCA Counseling Services**

(408) 295-4011

Fax: (408) 295-0608

24/7 Support Hotline: (800) 572-2782 (408) 295-4011 x3151

ywca-sv.org

375 South 3rd St, San Jose 95112

Email: therapyintake@ywca-sv.org

- Services: Individual, couples, family, and group therapy. SART Team and crisis intervention. Emergency shelter and legal services.
- Fees: income-based sliding scale, and Victim Witness Compensation also accepted
- Other Languages: Spanish
# Mobile Apps

## Counseling Apps

<table>
<thead>
<tr>
<th>Application Name</th>
<th>Description</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Betterhelp</td>
<td>Online Counseling &amp; Therapy</td>
<td>$40-$70 Per Week</td>
</tr>
<tr>
<td>Talkspace</td>
<td>Unlimited Messaging Therapy</td>
<td>3 Months Free with Application</td>
</tr>
<tr>
<td>Faithful Counseling</td>
<td>Christian Based Counseling</td>
<td>$40-$70 Per Week</td>
</tr>
<tr>
<td>Regain</td>
<td>Couples Counseling</td>
<td>$40-$70 Per Week</td>
</tr>
<tr>
<td>Pride Counseling</td>
<td>LGBTQ Specialized Counseling</td>
<td>$40-$70 Per Week</td>
</tr>
<tr>
<td>ACT iCoach</td>
<td>Acceptance &amp; Commitment Therapy</td>
<td>$7.99 Per Month (7-Day Free Trial)</td>
</tr>
<tr>
<td>UpLift</td>
<td>The Depression App</td>
<td>$30 Per Month</td>
</tr>
<tr>
<td>Lyftly</td>
<td>Mental Wellness for All</td>
<td>Free</td>
</tr>
</tbody>
</table>

## Mindfulness Apps

<table>
<thead>
<tr>
<th>Application Name</th>
<th>Description</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calm</td>
<td>Meditate, Sleep, Relax</td>
<td>$12.99 Per Month (7-Day Free Trial)</td>
</tr>
<tr>
<td>Headspace</td>
<td>Focus, Breathe, Stay Calm</td>
<td>$12.99 Per Month</td>
</tr>
<tr>
<td>Mindfulness Coach</td>
<td>Mindfulness Skills for Veterans</td>
<td>Free</td>
</tr>
<tr>
<td>Mindfulness App</td>
<td>Meditation for Everyone</td>
<td>$9.99 Per Month ($59.99 Per Year)</td>
</tr>
<tr>
<td>Stop, Breathe &amp; Think</td>
<td>Guided Meditations &amp; Mindfulness</td>
<td>Free (Premium Subscription Available)</td>
</tr>
<tr>
<td>Insight Timer</td>
<td>Online Community for Meditation</td>
<td>Free</td>
</tr>
<tr>
<td>Reflect</td>
<td>Christian Mindfulness</td>
<td>Free</td>
</tr>
<tr>
<td>Meditopia</td>
<td>Anxiety, Breathing</td>
<td>$9.99 Per Month ($59.99 Per Year)</td>
</tr>
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</table>

## Mental Health Apps

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<tbody>
<tr>
<td>MY3</td>
<td>Suicide Prevention</td>
<td>Free</td>
</tr>
<tr>
<td>PFA Mobile</td>
<td>Psychological First Aid</td>
<td>Free</td>
</tr>
<tr>
<td>CBT-i Coach</td>
<td>Trauma &amp; Insomnia</td>
<td>Free</td>
</tr>
<tr>
<td>Virtual Hope Box</td>
<td>Coping, Relaxation &amp; Positive Thinking</td>
<td>Free</td>
</tr>
</tbody>
</table>

[https://www.westvalley.edu/services/health/mental-health-resources.html](https://www.westvalley.edu/services/health/mental-health-resources.html)
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<tr>
<th>Application Name</th>
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</tr>
</thead>
<tbody>
<tr>
<td>DBT Coach</td>
<td>Dialectical Behavior Therapy</td>
<td>$12.99 Per Month</td>
</tr>
<tr>
<td>Self Help for Trauma</td>
<td>First Aid for Stress &amp; Trauma</td>
<td>Free</td>
</tr>
<tr>
<td>PTSD Coach</td>
<td>PTSD App for Veterans</td>
<td>Free</td>
</tr>
<tr>
<td>CPT Coach</td>
<td>Cognitive Processing Therapy for PTSD</td>
<td>Free</td>
</tr>
</tbody>
</table>

**Mobile Apps by Category**

**Crisis**

- MY3: Suicide prevention. Define your support network, create a safety plan, store, info, and find support.
- notOK: free app that is a digital panic button to get you immediate support via text, phone call, or GPS location when you’re struggling to reach out. Peer support via your trusted contacts, simple messages to take the guesswork out of asking for help, and immediate help with notOK’s one tap solution. Trusted contacts are not required to download the app.

**Stress/Anxiety**

- Calm: Stress. Meditation and sleep stories.
- Headspace: Stress. Guided meditation, mindfulness.
- What’s Up; Anxiety, depression, stress and more. CBT, ACT methods to help cope.
- Pacifica: Stress, anxiety, depression. CBT, mindfulness, meditation, relaxation, mood/health tracking.
- Mind Shift: Anxiety. Relax, learn more helpful ways of thinking, active steps to deal with anxiety.
- Breathe2Relax: Stress management; guided breathing exercises
- Self-Help for Anxiety Management (SAM): Anxiety. Self-help methods to manage anxiety.
- Insight Timer: a mindfulness app boasting the largest library on earth of free meditations. Download this free app for sleep, anxiety, stress, and many other topics... join the 15 million people who are using the Insight Timer today!

**Depression**

- Happify: Depression. Games to help reduce stress, overcome negative thoughts and build resilience.
- MoodTools: Depression. Thought diary, activities, and tracking to help combat depression.
- TAO Mobile: therapy assistance online. Offering free 90 days.
- Talkspace Online Therapy: get matched with a licensed therapist and you will have contact with a therapist at least once a day, 5 days a week. (Cost is $65 a week for subscription and is billed monthly.)
- Better Health: online therapy with a licensed therapist. (Different payment plans starting at $40 per week.)
- Insight Timer: a mindfulness app boasting the largest library on earth of free meditations. Download this free app for sleep, anxiety, stress, and many other topics... join the 15 million people who are using the Insight Timer today!

**Eating Disorders**

- Recovery Record: Eating Disorders. Companion for managing your journey to recovery from eating disorders.
- Rise Up + Recover: for anyone struggling with food, exercise, and/or body image issues.
- Insight Timer: a mindfulness app boasting the largest library on earth of free meditations. Download this free app for sleep, anxiety, stress, and many other topics... join the 15 million people who are using the Insight Timer today!
Please be aware that monitoring activity and food intake can inadvertently validate disordered eating and exercise attitudes/behaviors among vulnerable people. These apps have the risk of exacerbating obsessive and self-critical tendencies in some individuals, possibly inducing increasingly rigid behaviors or feelings of guilt/shame when one fails to reach goals or make progress. Further research is needed to clearly identify whether tracking devices may be helpful or harmful for certain individuals - it’s important to think about how often you’re using tracking tools and your reason for doing so.

PTSD

- PTSD Coach: PTSD. Education, self-assessment, find support, manage symptoms.
- Insight Timer: a mindfulness app boasting the largest library on earth of free meditations. Download this free app for sleep, anxiety, stress, and many other topics… join the 15 million people who are using the Insight Timer today!

Self Harm

- Calm Harm: Self-harm. Helps you resist the urge to self-harm with activities designed to distract, comfort, release, express, etc.
- Insight Timer: a mindfulness app boasting the largest library on earth of free meditations. Download this free app for sleep, anxiety, stress, and many other topics… join the 15 million people who are using the Insight Timer today!

Nutrition

- Peace with Food ($9.99 Apple Store; coming soon to Google play): "A tool to help you on your journey toward intuitive eating and peace with food. Receive "be present" reminders throughout the day to check-in with your hunger and fullness, track how your body feels, and receive encouragement to taste, go slow, and enjoy your food...
- Am I Hungry? ($2.99 iTunes and Google Play): A virtual coach app designed to help you end futile restrictive dieting and resolve mindless and emotional eating. This app will guide you through the mindful eating process step by step."
- CARA CARE (free): Learn more about your gut health through a daily food and mood journal. Especially helpful for those suffering from gastrointestinal disorders such as IBS, GERD, or IBD.
- Insight Timer: a mindfulness app boasting the largest library on earth of free meditations. Download this free app for sleep, anxiety, stress, and many other topics… join the 15 million people who are using the Insight Timer today!

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Fitness

- MyFitnessPal: MyFitnessPal is a powerhouse app, with an enormous food database, barcode scanner, recipe importer, restaurant logger, food insights, calorie counter, and so much more. Whether you’re monitoring your nutrition to lose weight, change bad habits, build muscle, or just hold yourself accountable for what you’re eating.
- Fitocracy- Fitness Collective. Track workouts, build support, challenge yourself and your friends, all with the help of our expert coaches.
- Daily Yoga: Daily Yoga inspires yogis worldwide with the largest yoga pose base. Enables you to practice yoga on all mobile devices and platforms.
- Nike Training Club: Brings you a huge array of workouts for every fitness level- plus the Nike Performance Council’s tips on training, nutrition, mindset, recovery, and sleep.

https://www.westvalley.edu/services/health/mental-health-resources.html
• Asana Rebel: Yoga inspired fitness. Workouts for Flexibility, Weight Loss, Strength & Balance.

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**Sleep/Headache**

• Sleep Cycle: Sleep Cycle analyzes your sleep and wakes you up at the most perfect time feeling rested.
• Slumber: Offers a combination of experiences to help you fall asleep. Many free options or $40 per year of full access.
• Migraine Buddy: a migraine diary and tracking app designed by data scientists and neurologists. The app allows you to record your migraine frequency and duration, pain location and intensity, and symptoms and medications, as well as to identify migraine triggers.
• Insight Timer: a mindfulness app boasting the largest library on earth of free meditations. Download this free app for sleep, anxiety, stress, and many other topics… join the 15 million people who are using the Insight Timer today!

**Addiction Support**

• Quit That!: a habit tracker to support and help quit behaviors such as smoking and drinking.
• Twenty Four Hours a Day: features 366 daily meditations for people in recovery. ($5.99)