

RESOURCES FOR URGENT MENTAL HEALTH NEEDS

24/7 Suicide prevention life line: 988 (formerly 1-800-273-TALK (8255))

24/7 Suicide Crisis text support: Text "HOME" to 741741

24/7 Santa Clara County Suicide/Crisis support: 1-855-278-4204

24/7 Santa Clara County Mental Health Services/Mobile Crisis Team: 1-800-704-0900

24/7 California, Peer-Run Warm line (for emotional support): 1-855-845-7415

24/7 California, Youth Crisis Line (for youth & families): 1-800-843-5200

6pm-9pm (PST) Teen Support Line: 1-800-852-8336 OR Text "TEEN" to 839863

24/7 LGBTQ youth hotline: 1-866-488-7386 or text "START" to 678678

24/7 Santa Clara County Substance Use Services: 1-800-488-9919

24/7 Substance Abuse (SAMHSA) helpline: 1-800-662-HELP (4357)

24/7 Parenting Crisis Support Line: 415-441-KIDS (5437)

24/7 National Domestic Violence Hotline: 1-800-799- SAFE (7233) OR Text "START" to 88788

24/7 Sexual Assault hotline: 1-800-656-HOPE (4673); Teen Dating Abuse: 1-866-331-9474

24/7 Santa Clara County Child Abuse Reporting: 1-833-SCC-KIDS (722-5437)

24/7 Santa Clara County Dependent Adult Abuse Reporting: 1-800-414-2002

Now Matters Now Website (Self-guided DBT skills): <https://www.nowmattersnow.org/>

COUNTY OF SANTA CLARA BEHAVIORAL HEALTH SERVICES

Walk-in, Mental Health Urgent Care (M-F, 8am-10pm); bhsd.sccgov.org/home

2221 Enborg Lane, San Jose, 408-885-7855

24/7 Emergency Psychiatric Services (EPS) (NOT FOR MEDICAL EMERGENCIES)

871 Enborg Court, San Jose, 408- 885-6100

LOCAL EMERGENCY DEPARTMENTS

El Camino Hospital (Mountain View), 2500 Grant Road, 650-940-7055

El Camino Hospital (Los Gatos), 815 Pollard Road, 408-866-4040

Good Samaritan Hospital, 2425 Samaritan Drive, San Jose, 408-559-2552

O'Connor Hospital, 2105 Forest Avenue, San Jose, 408-947-2500

Santa Clara Valley Medical Center, 751 S. Bascom Ave, San Jose, 408-885-5000

Stanford Hospital (Adult), 1199 Welch Road, Palo Alto, 650-723-5111

Stanford Hospital (Pediatric), 900 Quarry Road, Palo Alto, 650-723-5111