

## CASSY COMMUNITY RESOURCE LIST

### ELPLINES

#### YOUTH CRISIS/HELP LINES

24/7 Teen Line	888-247-7717	Teen support for any reason: health, relationships, crisis, info, and referrals
Confidential Crisis Line	800-843-5200	Confidential hotline available for teens and young adults in crisis.
Text Line	Text "start" to 741-741	Nationwide, 24/7 text line for all people in crisis.
Teens Helping Teens	800-TLC-TEEN / Text "teen" to 839863	Teens helping teens line; peer support for any issue.

#### SELF-HARM

Mobile Crisis	408-379-9085	Mobile crisis support for minors: 5150 assessment, support, and safety
Santa Clara County Crisis & Support Line	855-278-4204	Santa Clara County suicide and crisis support and referral line.
San Mateo County Suicide Crisis Line	650-579-0350	San Mateo County suicide crisis intervention line for all ages.
Don't Cut Help Line	800-DONTCUT	Information, support, and referrals for youth who self-harm/cut.

#### DATING VIOLENCE

Teen Dating Abuse Hotline	866-331-9474 / Text "Loveis" to 22522	Confidential support, education, resources regarding teen dating relationships
Domestic Violence Crisis Line	408-279-2962	Crisis line for adult and teen women in abusive relationships.
Women's Crisis Line	800-572-2782	Crisis line for adult and teen women in abusive relationships.

#### ADULT

Rape Crisis Services	650-692-7273	Rape crisis intervention, support, and linking to rape crisis center services
Rape Crisis Line	408-287-3000 / 650-493-7273	Rape crisis intervention, support, and linking to rape crisis center services

#### 2LGBTQ

2LGBTQ Youth Talkline	800-246-PRIDE	Confidential support, info and resources for LGBTQ teens.
2LGBTQ Crisis Line	866-488-7386	Support for LGBTQ teens in suicidal crisis or who just need to talk.

#### SUPPORT

Safe Place	Text "SAFE" & location to 69866	Access to immediate help, safety, and shelter for teens in crisis.
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#### 2PARENT

Parent Support Hotline	408-279-8228	Crisis support; advice, info, resources, for parents in SCC.
Parent Support Line	888-220-7575	Parenting support, information, referrals, and advice.
Parent Support Help line	855-427-2736	Emotional support, information, referrals, advice for parents.

## LOW COST MENTAL HEALTH PROVIDERS

PROVIDER	ADDRESS	PHONE / WEBSITE	SERVICES	
Counseling Services (ACS) School Program	643 Bair Island Road, Suite 301 Redwood City 94063	650-424-0852 www.acs-teens.org	Individual and family counseling during the late afternoon/evening.	
For Mental Health	441 Park Ave. San Jose 95110	408-287-2640	Individual, group, and family therapy, parenting classes/support; sliding scale fee.	
Avic Counseling Center	6529 Crown Blvd, Suite D San Jose 95120	408-997-0200 www.avcounseling.org	Low cost counseling services for children, adolescents, individual, couples, families.	
Asian Americans for Community Involvement (AACI)	2400 Moorpark Ave. Suite 319 San Jose 95128	408-975-2730 www.aaci.org	Culturally competent services for Asians; Individual, group, and family counseling; medication support; and parent education.	
BACA Children's Association	1175 Saratoga Ave. Ste. 14 San Jose, CA 95129	408-996-7950 www.baca.org	Outpatient and IOP services for youth and families, social skills groups	Teen
Bill Wilson Center	3490 The Alameda Santa Clara 95050	408-243-0222 www.billwilsoncenter.org	Serves youth and families focusing on housing, education, counseling & advocacy.	Yo
Catholic Charities of Mateo County	36-37 <sup>th</sup> Ave San Mateo 94403	650-295-2160 www.catholiccharitiessf.org	Individual, group, and family counseling regardless of religion.	
Children's Health Council (CHC)	650 Clark Way Palo Alto 94304	650-688-3625 www.chconline.org	Multidisciplinary evaluations and mental health treatment services.	
Child Health Awareness Center (CHAC)	590 El Camino Real Mountain View 94040	650-965-2020 www.chacmv.org	Individual, group, and family counseling, psychological assessments.	
Families & Children Services Silicon Valley	375 Cambridge Ave Palo Alto 94306	650-326-6576 www.fcservices.org	Individual and family counseling, psychiatric services, sliding scale fee and accepts most insurance plans.	
	950 W. Julian Street San Jose, CA 95126	408.292.9353		
Family Counseling Center Sunnyvale	572 Dunholme Way Sunnyvale 94087	408-524-4900	Individual, family, group counseling, psychological assessments, sliding scale fee.	
San Jose Community Center Health & Wellness	1057 E. Meadow Circle Palo Alto, 94303	650-493-5006 www.sofia.edu	Individual, family, and group counseling, sliding scale fee.	

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AGENCY/PROGRAM	ADDRESS	PHONE/WEBSITE	SERVICES
Kara	457 Kingsley Ave Palo Alto 94301	650-321-5272 www.kara-grief.org	Grief counseling, support groups, summer youth camp.
BWC Center for Living with Dying	1671 The Alameda Suite 201 San Jose 95126	408-243-0222 www.billwilsoncenter.org	Grief counseling, support groups, community crisis support, parent support.
Hospice of the Valley Center for Grief & Loss	4850 Union Avenue San Jose 95124	408-559-5600 www.hospicevalley.org	Individual grief support; support groups; educational sessions; memorial service events; Getting through the Holidays workshop; Biannual Children's Night Out.

**ADOLESCENT SUBSTANCE ABUSE**

AGENCY/PROGRAM	ADDRESS	PHONE/WEBSITE	SERVICES
ACS Adolescent Substance Abuse Treatment Program (ASAT)	643 Bair Island Road, Suite 301 Redwood City 94063	650.424.0852 Connie Mayer Ext 104 www.acs-teens.org	Assessment and 12-step model outpatient treatment services.
My Therapy Works ASAP	334 Village Lane Los Gatos 95030	408-508-6789 www.mytherapyworks.org	Teen drug abuse program using two models: Adolescent Substance Abuse Program and Teen Intervene Model.
Advent Group Ministries	90 Great Oaks Blvd Suite 108 San Jose 95119	408-281-0708 Ext 822 www.adventgm.org	Outpatient and residential substance abuse treatment services.
Freedom Center Centro de Libertad	1230-A Hopkins Ave Redwood City	650-599-9955 www.elcentrodelibertad.org	Individual, group, and family therapy for drug & alcohol, anger management, domestic violence, parenting classes.
The Camp Recovery Center	3192 Glen Canyon Scotts Valley 95066	844-488-9487 www.camprecovery.crchealth.com	Holistic, residential, addiction treatment program and aftercare outpatient services.

**DOMESTIC VIOLENCE**

AGENCY/PROGRAM	ADDRESS	PHONE/WEBSITE	SERVICES
Women of Silicon Valley Assault Services	375 S. Third Street San Jose 95112	Crisis Line: 408-287-3000 General: 408-295-4011 www.ywca-sv.org	Rape crisis intervention, advocacy and accompaniment; individual, group, family counseling.

Trauma Services	1860 El Camino Rd Suite 406 Burlingame 94010	Crisis Line: 650-692-7273 General: 650-652-0598 www.rapetraumaservices.org	Rape crisis intervention, advocacy and accompaniment; individual, group, family counseling.
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## IC / DATING VIOLENCE

PROVIDER	ADDRESS	PHONE/WEBSITE	SERVICES
YWCA c Violence Support Center	375 S. Third Street San Jose 95112	DV Crisis Line: 800-572-2782 General: 408-295-4011 www.ywca-sv.org	Crisis intervention, individual, group, family counseling, emergency shelter, legal help, victim advocacy.
Next Door Solutions	234 E. Gish Rd Suite 200 San Jose 95112	Crisis Line: 408-279-2962 General: 408-501-7550 www.nextdoor.org	Crisis intervention, individual, group, family counseling, emergency shelter, legal help, victim advocacy.
Asian Women's Home	2400 Moorpark Avenue Suite 300 San Jose 95128	24-Hour Hotline 408-975-2739 www.dvaaci.org	Emergency shelter for women and children; case management & crisis intervention services; help with restraining orders, family law, and immigration issues; Employment, housing, and social service advocacy. Information and referrals
Domestic Violence Intervention Collaborative	97 East Saint James St. Suite 102 San Jose 95113	408-294-0006 www.dvintervention.org	Individual therapy, groups, and classes.
San Jose Police Department Family Violence Center	1671 The Alameda Suite 100 San Jose 95126	408-277-3700 www.sjpd.org/BIO/fvc/	Medical, emotional, social, and legal help regarding domestic violence, sexual abuse, child/elderly abuse, stalking/threats.
CORA Communities Overcoming Relationship Abuse	2211 Palm Avenue San Mateo 94403	Crisis Line: 800-300-1080 General Line: 650-652-0800	Crisis intervention, individual, group, family counseling, emergency shelter, legal help, victim advocacy.

PROVIDER	ADDRESS	PHONE/WEBSITE	SERVICES
ACS Outlet Program	643 Bair Island Road, Suite 301 Redwood City 94063	650-424-0852 Anthony Ross Ext. 107 www.acs-teens.org	Peer support groups, community education and advocacy.
FCS Youth Space	452 South First St. San Jose 95113	408-343-7940 www.youthspace.org	Drop-in youth center including individual therapy, medication, resources, groups leadership opportunities.
PFLAG Parents, Families, and Friends of Lesbians and Gays	See website for location of groups/classes, etc	408-270-8182 www.pflagsanjose.org pflaginfo@pflagsanjose.org	Support, education, advocacy for parents, families, and friends of LGBT individuals.

TransYouth@pflagsanjose.org

## DISORDERS

PROVIDER	ADDRESS	PHONE/WEBSITE	SERVICES
Disorders Resource Center	15891 Los Gatos-Almaden Los Gatos 95032	408-356-1212 www.edrcsv.org	Resource center and website for eating disorders
Stanford Hospital Eating Disorder Program	1174 Castro St Suite 250A Mountain View	650-498-4468 www.stanfordchildrens.org	Comprehensive adolescent out-patient and inpatient services.
Healthy Teen Project Adolescent Eating Disorder Recovery Program	919 Fremont Avenue Suite 100 Los Altos 94024	650-941-2300 www.healthyteenproject.com	<b>Outpatient and partial hospitalization eating disorder treatment services.</b>
Cielo House Eating Disorder Center	334 North 2nd Street San Jose, CA 95112	408-834-0616 www.cieolohouse.com	Outpatient, IOP, treatment services.
Center for Discovery Adolescent Eating Disorder Program	Menlo Park, CA	866-363-8180 centerfordiscoverymenlopark.com	Comprehensive residential eating disorder treatment services.

## MENTORING

PROVIDER	ADDRESS	PHONE/WEBSITE	SERVICES
Brother Big Sisters of the Bay Area	600A Valley Way Milpitas, CA 95035	408-586-015	One-to-one community-based mentoring.
Palo Alto YMCA Adolescent Mentoring Program	3412 Ross Road Palo Alto 94303	650-842-2759 www.ymcasv.org/paloalto	One-to-one mentoring providing support and guidance and fun activities.
Friends for Youth Inc	1741 Broadway 1 <sup>st</sup> floor Redwood City 94063	650-368-4444 www.friendsforyouth.org	One-to-one mentoring for youth providing support and guidance and fun activities for at least 12 months.
Jewish F&C Services Mentoring Program	200 Channing Ave Palo Alto 94301	415-359-2463 www.jfcs.org	Provides a safe, trusting, consistent, adult mentor relationship for guidance and support.
Lifelines for Youth FLY	330 Twin Dolphin Drive Suite 109 Redwood City 94065	650-610-9800 www.flyprogram.org	Provided one-to-one mentoring, guidance, and support for justice involved youth.

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## SUPPORT

PROVIDER	ADDRESS	PHONE/WEBSITE	SERVICES
Parents Helping Parents	1400 Parkmoor Ave Suite 100 San Jose 95126	408-727-5775 www.php.com	Help children and adults with special needs receive the support and services they need to reach their full potential by providing information, training, and resources to build strong families and improve systems of care.
Peninsula Court Resolution Center Teen Mediation Program	1660 South Amphlett Blvd. Suite 219 San Mateo 94402	650-513-0330 www.pcrweb.org	Mediation support for parents and teens, parenting classes, leadership skills, referrals.
Palo Alto Police Department Parent Project	Greendell School 4120 Middlefield Rd Palo Alto	Agent DuJuan Green 650-329-2274 www.cityofpaloalto.org/gov/depts/pol/	12-week parenting skills workshop for parents of teen children. Thursdays 6:00 to 9:00 pm.
Jewish & Children Resources Parents Place	200 Channing Ave. Palo Alto 94301	650-688-3056	A parent/family resource center providing support, counseling, education, and resources.
	2001 Winward Way Suite 200 San Mateo 94404	650-931-1840 www.parentsplaceonline.org	

## MENTAL HEALTH OUTPATIENT / PARTIAL HOSPITALIZATION

AGENCY/PROGRAM	ADDRESS	PHONE/WEBSITE	SERVICES
Camino Hospital ASPIRE	2660 Grant Road Suite D Mountain View 94040	650-988-8468 www.elcaminohospital.org	8-week DBT intensive outpatient program addressing severe anxiety, depression, and emotional instability.
Peninsula Health Center	100 S. San Mateo Drive San Mateo 94401	650-696-4666 www.mills-peninsula.org	Inpatient and outpatient psychiatric services for youth with acute/severe mental health symptoms.

## MENTAL HEALTH SERVICES

AGENCY/PROGRAM	ADDRESS	PHONE/WEBSITE	SERVICES
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Health Department It Family Life Program	1993 B McKee Road San Jose 95116	Alma Burrell Health Care Program Manager 408-937-2277 alma.burrell@phd.scc gov.org	Comprehensive case management services to pregnant and parenting teens and their children.
ened Parenthood	Mountain View Center 225 San Antonio Rd	650-948-0807	Provides a range of reproductive and general health services including birth control, pregnancy testing and options counseling, STD testing and treatment, HIV testing, breast and cervical cancer screening, abortion, prenatal care, pediatrics and adult primary health care.
	San Jose Center 1691 The Alameda	408-287-7526	
	Blossom Hill Center 5440 Thornwood Drive	408-281-9777	
	East Side SJ Center 3131 Alum Rock Ave	408-729-7600	
Real Options ncy Medical Centers	298 San Antonio Road Suite 100 Mountain View 94040	Mountain View 650-559-1550	Provides pregnancy testing, STD testing, options consultations, counseling support prenatal care, reproductive health info, resources, etc..
	1671 The Alameda Suite 101 San Jose 95126	Central San Jose 408-978-9310	
4C's unity Coordinated Development Council	111 Gish Rd. San Jose 95110	408-487-0749	County-wide day care referrals for infants, sick children, preschool and school age children.
d Start Program nta Clara County	Dept. 1290 Ridder Park Dr. San Jose, CA 95131	408-453-6943	A federally funded program for qualified low-income families and children with disabilities. Offers preschool and half-day and full-day care centers for age 3-4.

## TY REHABILITATION & ADVOCACY

NCY/PROGRAM	ADDRESS	PHONE/WEBSITE	SERVICES
reas Regional Center (SARC)	300 Orchard Drive Suite 170 Campbell 95008	408-374-9960 www.sanandreasregional.org	Case management and community services for individuals with intellectual and developmental disabilities that cause impairment to daily living
ope Services	30 Las Colinas San Jose 95119	408-284-2850 www.hopeservices.org	Services for individuals with developmental disabilities including mental health, job training, independent living skills, after school programs
munity Alliance ial Education (CASE)	1550 Bryant St Suite 753 San Francisco 94103	415-431-2285 www.caseadvocay.org	Helps families and schools work together in designing appropriate special education programs for students

			with disabilities.
ty Rights California	Bay Area Regional 1330 Broadway, Suite 500 Oakland, CA 94612	Legal Assistance: 800-776-5746 General: 916-504-5800 www.disabilityrightsca.org	Advocate, educate, investigate, and litigate to advance and protect the rights of Californians with disabilities.
es for Brain Injury	60 Daggett Drive San Jose 95134	408-434-2277 www.sbicares.org	Rehabilitation services for Individuals with traumatic brain injury (SBI) including post-acute support and vocational, social, cognitive skills.

## ADDITIONAL RESOURCES

AGENCY/PROGRAM	ADDRESS	PHONE/WEBSITE	SERVICES
San Clara County Mental Health Call Center	N/A	800-704-0900	Centralized entry point for individuals seeking Medi-Cal mental health services in Santa Clara County. 24-hour telephone service which screens for mental health needs and directs callers to programs and services that are suitable for meeting their needs and authorizes Fee-for-Services Medi-Cal visits. In addition, the Call Center provides telephone crisis intervention response to callers in an acute mental health crisis, attempting to stabilize them until a crisis counselor or other crisis services provider can intervene to provide more extensive or specialized service.
San Clara County 211 Red Way Bay Area	N/A	211	The dialing code for free, non-emergency community, health and disaster information in Santa Clara County. Callers receive personalized information and referrals from a live, highly-trained call specialist who can answer questions about a variety of nonprofit services and agencies. 211 is confidential, available in over 170 languages and available 24 hours a day, 7 days a week.
NAMI National Alliance on Mental Illness	1650 Borel Place Suite 130 San Mateo 94402	650-638-0800 www.namisanmateo.org	Education, resources, support groups, and advocacy for individuals and families with mental illness.
County District Attorney Victim-Witness Assistance Program	San Mateo County 400 County Center Redwood City 94063  Santa Clara County 70 W. Hedding St. San Jose 95110	650-599-7479 www.da.smcgov.org/victim-services  408-295-2656 www.sccgov.org/sites/da/VictimServices	Free mental health services for victims of crime (occurring within the last 3 years) such as domestic violence, child abuse, sexual assault, armed robbery, etc.
Legal Advocates for Children & Youth (LACY)	111 W. St. John Street Suite 315	408-293-4790 www.lawfoundation.org	Legal and related social services to any youth under 18 years of age.



	San Jose 95113		
elter Bed Hotline	N/A	800-SHELTER	A toll-free telephone hotline with information about emergency shelters in the Bay Area. English and Spanish.
Food Connection	N/A	800-984-3663	Provides referrals to people needing food assistance in Santa Clara County.Call Monday – Friday, 8:30 A.M. – 4:00 P.M