Mental Health Community Resources (for non-crisis):

**GRONOWSKI CENTER**  
5150 El Camino Real, Ste. C-15, Los Altos, CA 94022  
Phone: 650-961-9300  ●  [www.gronowskicenter.org](http://www.gronowskicenter.org/)

**BILL WILSON CENTER**  
3490 The Alameda, Santa Clara, CA 95050  
Phone: 408-243-0222  ●  [www.billwilsoncenter.org](http://www.billwilsoncenter.org)

**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)

**EL CAMINO HOSPITAL**  
2500 Grant Rd., Mountain View, CA 94040  
Phone: 650-962-4453  ●  [http://www.elcaminohealth.org/services/mental-health](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)

**LA SELVA GROUP** (*only serves people without insurance*)  
206 South California Ave., Palo Alto, CA 94306  
Phone: 650-617-8340 ext 3771  ●  [www.theelaselvagroup.org](http://www.theelaselvagroup.org)  
email Martha Zambrano, LMFT: mzambrano@momentumMH.org

**PSYCHOLOGY TODAY**  
*An online directory that lists mental health therapists near where you live*  

**OPEN PATH COLLECTIVE**  
Resource/online directory for affordable therapy  
[https://openpathcollective.org/](https://openpathcollective.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)

**7 CUPS**  
*Free 24-hour online text chat for support*  
[www.7cups.com](http://www.7cups.com/)

**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):

**MENTAL HEALTH URGENT CARE CLINIC**  
*Walk-in outpatient clinic for Santa Clara County residents regardless of insurance; provides phone consultation, assessmen 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](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  
- If on campus, visit Campus Police (Room 2103)

Help from Abuse (Sexual Violence):

**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