

## CASSY COMMUNITY RESOURCE LIST [updated 2022]

### CRISIS / HELPLINES

GENERAL YOUTH CRISIS/HELP LINES		
Bill Wilson 24/7 Teen Line	888-247-7717	Teen support for any reason: health, relationships, crisis, info, and referrals.
CA Youth Crisis Line	800-843-5200	Confidential hotline available for teens and young adults in crisis.
Crisis Text Line	Text "start" to 741-741	Nationwide, 24/7 text line for all people in crisis.
TeenLine	800-TLC-TEEN / Text "teen" to 839863	Teens helping teens line; peer support for any issue.
FAST Mobile Support	650-368-3178	Provides crisis intervention for adults (18+) with severe mental illness.
Substance Abuse Helpline	650-573-3950	San Mateo County drug and alcohol helpline.
SUICIDE / SELF-HARM		
StarVista The Youth Stabilization, Opportunity and Support (S.O.S.)	Youth S.O.S. team is publicly accessible by calling the <b>24/7 hotline, 650-579-0350</b>	<b>Team is a 24/7 mobile crisis response team of service to any child or youth under the age of 25 that is experiencing an escalation in mental health symptoms within San Mateo County.</b> The Youth S.O.S. Team response includes two response teams that will overlap during a 12-hour response time each day. Those teams are a mental health clinician and a family partner. The family partner's role is to help support the family as well as the youth in crisis and assist with resource linkages. The.
StarVista Teen Chat and Teen Text Line	The online teen chat and teen text line are free, peer-to-peer services that are accessible from <a href="http://sanmatecrisis.org">sanmatecrisis.org</a> or by <b>texting 650-747-6463</b>	Teens can chat confidentially with trained youth peer counselors under Crisis Center staff supervision about various topics. While mainly focused on crisis intervention and suicide prevention, teens can also talk about school stress, relationship issues, and mental health challenges. While the program is intended to focus on youth ages 13 and up, no youth will be turned away on the basis of age.
SCC Suicide & Crisis Line	855-278-4204	Santa Clara County suicide and crisis support and referral line.
Suicide & Crisis Hotline	800-273-8255/Spanish: 888-628-9454	Suicide and crisis support.
24-hr Suicide Crisis Line	650-579-0350	StarVista suicide crisis intervention line for all ages.
San Mateo Medical Center	650-573-2662	San Mateo County suicide and crisis support and referral line.
Safe Alternatives Help Line	800-DONTCUT	Information, support, and referrals for youth who self-harm/cut.
DOMESTIC / DATING VIOLENCE		
Love Is Respect Dating Abuse Hotline	866-331-9474 / Text "Loveis" to 22522	Confidential support, education, resources regarding teen dating relationships.
Next Door Solutions DV Crisis Line	408-279-2962	Crisis line for adult and teen women in abusive relationships.
YWCA DV Crisis Line	800-572-2782	Crisis line for adult and teen women in abusive relationships.
CORA	650-300-1080	Crisis line for individuals in abusive relationships.
SEXUAL ASSAULT		
Rape Trauma Services Crisis Line	650-692-7273	Rape crisis intervention, support, and linking to rape crisis center services.
YWCA Rape Crisis Line	408-287-3000 / 650-493-7273	Rape crisis intervention, support, and linking to rape crisis center services.
LGBTQ YOUTH		

National LGBTQ Youth Talkline	800-246-PRIDE	Confidential support, info and resources for LGBTQ teens.
Trevor Lifeline	866-488-7386	Support for LGBTQ teens in suicidal crisis or who just need to talk.
<b>RUNAWAY SUPPORT</b>		
National Safe Place	Text "SAFE" & location to 69866	Access to immediate help, safety, and shelter for teens in crisis.
<b>PARENT SUPPORT</b>		
Parental Stress Hotline	408-279-8228	Crisis support; advice, info, resources, for parents in SCC.
Parent Support Line	888-220-7575/(650)579-0358	Parenting support, information, referrals, and advice.
National Parent Helpline	855-427-2736	Emotional support, information, referrals, advice for parents.

## MENTAL HEALTH PROVIDERS

PROVIDER	ADDRESS	PHONE / WEBSITE	SERVICES	SERVED
Adolescent Counseling Services (ACS)	643 Bair Island Road, Suite 301 Redwood City, CA 94063	650-424-0852 <a href="http://www.acs-teens.org">www.acs-teens.org</a>	Individual and family counseling during the late afternoon/evening.	Teens Families
	1717 Embarcadero Rd. #4000 Palo Alto, CA 94303	650-424-0852 x104	Assessment and counseling programs for youth 13-21. Bilingual. Sliding scale.	Teens/Young Adult
ACT for Mental Health	441 Park Ave. San Jose 95110	408-287-2640	Individual, group, and family therapy, parenting classes/support; sliding scale fee.	All Ages
Almaden Valley Counseling Center	6529 Crown Blvd, Suite D San Jose 95120	408-997-0200 <a href="http://www.avcounseling.org">www.avcounseling.org</a>	Low cost counseling services for children, adolescents, individuals, couples, families.	All Ages
Asian Americans for Community Involvement (AACI)	2400 Moorpark Ave. Suite 319 San Jose 95128	408-975-2730 <a href="http://www.aaci.org">www.aaci.org</a>	Culturally competent services for Asians; Individual, group, and family counseling; medication support; and parent education.	All Ages
BACA Bay Area Children's Association	1175 Saratoga Ave. Ste. 14 San Jose, CA 95129	408-996-7950 <a href="http://www.baca.org">www.baca.org</a>	Outpatient and IOP services for youth and families, social skills groups.	Teens & Families
The San Mateo County Mental Health Call Center BHRS	East Palo Alto Community Counseling Center 2415 University Ave. East Palo Alto, CA 94303	800-686-0101 <a href="http://www.smchealth.org/bhrs">www.smchealth.org/bhrs</a> 650-363-4111	Information, referrals and assessments for medi-cal mental health and substance abuse services for San Mateo County residents.	All Ages
Catholic Charities of San Mateo County	36 37 <sup>th</sup> Ave San Mateo, CA 94403	650-295-2160 x19206 <a href="http://www.catholiccharitiessf.org">www.catholiccharitiessf.org</a>	Individual, group, and family counseling regardless of religion. Parenting classes. Sliding scale and medi-cal accepted.	All Ages
Children's Health Council (CHC)	650 Clark Way Palo Alto 94304	650-688-3625 <a href="http://www.chconline.org">www.chconline.org</a>	Multidisciplinary evaluations and mental health treatment services. Offers intensive outpatient care for teens.	Youth & Families
Christian Counseling Center	1510 Fashion Island Blvd. #110	650-570-7273 <a href="http://www.christiancounseling.net">www.christiancounseling.net</a>	Individual, couples and family counseling for children, adolescents and adults.	All Ages

	San Mateo, CA 94404			
Community Health Awareness Center (CHAC)	590 W. El Camino Real Mountain View, CA 94040	650-965-2020 www.chacmv.org	Individual, couples, and family counseling, psychological assessments, parenting classes. Sliding scale.	Youth & Families
Family & Children Services of Silicon Valley	375 Cambridge Ave Palo Alto, CA 94306	650-326-6576 www.fcservices.org	Individual and family counseling, psychiatric services, sliding scale fee and accepts most insurance plans.	All Ages
	950 W. Julian Street San Jose, CA 95126	408-292-9353		
Gronowski Clinic	5150 El Camino Real Bldg C, Suite 22 Los Altos, CA 94022	650-961-9300 www.gronowski.paloalto.edu	Counseling for all ages. Bilingual therapists available. Sliding scale.	All Ages
JFK Sunnyvale Community Counseling Center	572 Dunholme Way Sunnyvale, CA 94087	408-524-4900	Individual, family, group counseling, psychological assessments, sliding scale fee.	All Ages
Jewish Family and Children's Services	200 Channing Ave. Palo Alto, CA 94301	650-688-3040 www.jfcs.org	Individual counseling regardless of religion, parent education, and assessment. Sliding scale.	All Ages
Ravenswood Behavioral Health Center	1885 Bay Road East Palo Alto, CA 94303	650-330-7400 www.ravenswoodfhc.org	Short term therapy for residents of EPA. Must have seen PCP in last 6 months.	All Ages
Sequoia Teen Wellness Program	200 James Avenue Redwood City, CA	650-366-2927 www.co.sanmateo.ca.us.sequoiaTWC	Health clinic for youth of San Mateo County. Services include medical care, mental health services, health education and case management for youth 12-24.	Teens/TAY
Sofia University Community Center for Health & Wellness	1057 E. Meadow Circle Palo Alto, 94303	650-493-5006 www.sofia.edu	Individual, family, and group counseling, sliding scale fee.	All Ages
StarVista	610 Elm St. Suite 212 San Carlos, CA 94070	650-591-9623 www.star-vista.org	Counseling services for children, youth, families and adults.	All Ages
Prevention & Recovery in Early Psychosis (PREP) & Bipolar Disorder Early Assessment & Management (BEAM)	1108 S. El Camino Real San Mateo, CA 94402	650-504-3374 650-458-0026	PREP provides comprehensive treatment for individuals with symptoms of psychosis. And BEAM provides treatment for individuals with bipolar disorder and their families.	Ages 14-35
Heart & Soul	1950 Alameda de las Pulgas San Mateo, CA	650-232-7426	Peer support groups and education for adults with mental illness.	Adults
Family Assertive Support Team (FAST)		650-368-3178	The FAST team provides early intervention, assessment, and counseling services for families with mentally ill members living at home over a 2-3 month period. Mobile crisis support for adults in crisis. Spanish speaking.	Adults/ Families

## GRIEF & LOSS

AGENCY/PROGRAM	ADDRESS	PHONE/WEBSITE	SERVICES	SERVED
Kara	457 Kingsley Ave Palo Alto 94301	650-321-5272 www.kara-grief.org	Grief counseling, support groups, summer youth camp.	All Ages
Bill Wilson Center 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.	All Ages
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.	All Ages
Compassionate Friends	1957 Pruneridge Ave. Santa Clara, CA 95050	408-249-9570 www.compassionatefriends.org	Support groups for those who have lost a child. Meets the first Tuesday of the month at 7:30 pm at St. Marks Episcopal Church.	Adults
	301 Burlingame Ave. Burlingame, CA 94010	415-377-4845	Meets 4th Monday of the month at 7 pm at Good Shepherd Lutheran Church.	
Mission Hospice	1670 S. Amphlett Blvd. Suite 300 San Mateo, CA	650-544-1000 www.missionhospice.org	Provides bereavement and grief support groups for free. Specialized groups for parent, spouse or suicide loss. Individual counseling available for a fee.	Children & Adults

## SUBSTANCE ABUSE

AGENCY/PROGRAM	ADDRESS	PHONE/WEBSITE	SERVICES	SERVED
ACS Adolescent Substance Abuse Treatment Program (ASAT)	643 Bair Island Road, Suite 301 Redwood City 94063	650-424-0852 x108 www.acs-teens.org	Assessment and 12-step model outpatient treatment services.	Teens Families
Addictions Institute	445 Burgess Dr # 150 Menlo Park, CA 94025	650-322-0943 www.stephaniebrownpd.com	Individual, group and family counseling related to addiction.	All Ages
Al-Anon & Ala-Teen	San Mateo County	www.alanonmidpeninsula.org	Meetings for friends and family members of those with alcohol addiction. Parents group-Wed 7pm Women's group- Thurs 5:30 pm Teen group- Wed 7pm	Adults Teens 12-20
Asian American Recovery Services (A Program of Healthright 360)	San Mateo County & Santa Clara County	415-337-0140 www.healthright360.org	Provides outpatient drug and alcohol treatment with a focus on the Asian American and Pacific Islander populations.	Adults
Healthright 360	2396 University Ave. East Palo Alto, CA 94303	650-331-1611 www.healthright360.org	Engaging Positive Actions Outpatient Program provides individual and group substance abuse counseling for youth. Accepts Medi-cal.	Youth & TAY
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.	Teens Families

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.	Teens Families
Free at Last	1796 Bay Rd. East Palo Alto, CA	650-462-6999 www.freetatlast.org	Provides community based treatment, intervention and prevention services to individuals and families affected by addiction, with HIV, or involved in the criminal justice system. Spanish speaking.	Adults
Behavioral Health & Recovery Services	East Palo Alto Community Counseling Center 2415 University Ave. Suite 301 East Palo Alto, CA 94303	650-363-4030 www.smchealth.org/bhrs	Therapy services for children, youth, family, and adults for the prevention, early intervention and treatment of mental illness and/or substance use conditions. Medi-cal provider.	All Ages
The Freedom Center El Centro de Libertad	1230-A Hopkins Ave Redwood City, CA	650-599-9955 <a href="http://www.elcentrodelibertad.org">www.elcentrodelibertad.org</a> www.freedomcentercounseling.org	Individual, group, and family therapy for drug & alcohol, anger management, domestic violence, parenting classes. Sliding scale.	Teens Families Adults
Women's Recovery Association (A program of Healthright 360)	San Mateo County	650-348-6603 www.healthright360.org	Offers two residential facilities for women suffering with addiction. An additional program for expectant mothers or with children under 10 as well as a transitional housing program.	Women 18-24
The Latino Commission	1001 Sneath Lane, Ste 307 San Bruno, CA 94066	650-244-1444 www.thelatinocommission.org	Residential and outpatient addiction recovery services for San Mateo County.	Adults
Youth East Palo Alto	2400 Ralmar Ave. Menlo Park, CA 94025	650-391-9617	YouthEPA is a project of OneEPA, a partnership to reduce drug related problems among youth in East Palo Alto.	Youth
Voices for Recovery	1842 Bay Road East Palo Alto, CA 94303	650-289-7670	Provides peer support and WRAP groups to support individuals in recovery and prevent relapse.	Adults

## SEXUAL ASSAULT

AGENCY/PROGRAM	ADDRESS	PHONE/WEBSITE	SERVICES	SERVED
YWCA of Silicon Valley Sexual 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.	All Ages
Rape Trauma Services	1860 El Camino Rd Suite 406 Burlingame, CA 94010	Crisis Line: 650-692-7273 General: 650-652-0598 www.rapetraumaservices.org	Rape crisis intervention, advocacy and accompaniment; individual, group, family counseling. By donation.	All Ages
Early Intervention Clinic	5150 El Camino Real Bldg. D Suite 20 Los Altos, CA 94022	650-433-3863	Free brief counseling for those who have experienced trauma in the past 2 years.	All Ages

## DOMESTIC / DATING VIOLENCE

PROVIDER	ADDRESS	PHONE/WEBSITE	SERVICES	SERVED
Anger Management and Domestic Abuse Therapy Center	430 Peninsula Ave. #7 San Mateo, CA 94401	650-375-0449 www.angercure.org	Anger management groups, parenting classes and additional psychoeducation topics. Sliding scale.	Adults
YWCA Domestic 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.	All Ages
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.	All Ages
AACI 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	Women & Children
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.	All Ages
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.	All Ages
CORA Communities Overcoming Relationship Abuse	2211 Palm Avenue San Mateo, CA 94403  1848 Bay Road East Palo Alto, CA	650-652-0800 www.corasupport.org	Crisis intervention, individual, group, family counseling, emergency shelter, legal help, victim advocacy. YEA program for teens in abusive relationships.	All Ages

## LGBTQ+

PROVIDER	ADDRESS	PHONE/WEBSITE	SERVICES	SERVED
ACS Outlet Program	643 Bair Island Road, Suite 301 Redwood City 94063	650-424-0852 www.acs-teens.org	Peer support groups in Mountain View, Redwood City and San Mateo, community education and advocacy. Counseling services on a sliding scale basis.	Ages 10-25
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.	TAY
PFLAG Parents, Families, and Friends of Lesbians and Gays	Meetings in San Jose, San Mateo, and Redwood City.	408-270-8182 www.pflagsanjose.org	Support, education, advocacy for parents, families, and friends of LGBT individuals.	All Ages

San Mateo County PRIDE Center	1021 S. El Camino Real San Mateo, CA 94402	650-591-0133	Provides health and counseling services for the LGBTQ community.	All Ages
Santa Clara Valley Medical Center Gender Health Center	777 E. Santa Clara St. San Jose, CA	www.scvmc.org	A safe space for transgender, non-binary, and gender diverse people to receive medical and behavioral health treatment. Also offers health classes. Open M-F 9-5pm.	All Ages

## EATING DISORDERS

PROVIDER	ADDRESS	PHONE/WEBSITE	SERVICES	SERVED
Eating Disorders Resource Center	15891 Los Gatos-Almaden Los Gatos 95032	408-356-1212 www.edrcsv.org	Resource center and website for eating disorders.	All Ages
Stanford Hospital Eating Disorder Program	1174 Castro St Suite 250A Mountain View, CA	650-498-4468 www.stanfordchildrens.org	Comprehensive adolescent outpatient and inpatient services.	Teens Families
The Healthy Teen Project Adolescent Eating Disorder Recovery Program	919 Fremont Avenue Suite 100 Los Altos 94024	650-941-2300 www.healthyteenproject.com	Outpatient and partial hospitalization eating disorder treatment services.	Teens Families
Cielo House Eating Disorder Center	334 North 2nd Street San Jose, CA 95112	408-834-0616 www.cieolohouse.com	Outpatient, IOP, treatment services.	All Ages
Center for Discovery Residential Eating Disorder Program	Menlo Park, CA	650-623-8839 650-425-9169 centerfordiscoverymenlopark.com	Comprehensive residential treatment services for eating disorders.	Teens Families

## YOUTH MENTORING & TUTORING

PROVIDER	ADDRESS	PHONE/WEBSITE	SERVICES	SERVED
Big Brother Big Sisters of the Bay Area	600A Valley Way Milpitas, CA 95035	408-586-015	One-to-one community-based mentoring.	Youth ages 6-18
Palo Alto YMCA Reach & Rise 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.	Youth ages 6-17
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.	Youth ages 8-17
Jewish F&C Services Youth Mentoring Program	200 Channing Ave Palo Alto, CA 94301	415-359-2463 www.jfcs.org	Provides a safe, trusting, consistent, adult mentor relationship for guidance and support.	Children Teens
Fresh 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.	Probation Teens
Lauren's House	994 Beech Street, East Palo Alto, CA 94303	(650)630-0222 www.laurenshouse.org	Provides mentoring services for youth age 5-18 as well as tutoring and community service opportunities.	Youth
Catholic Charities St. Francis of Assisi Youth Club	1425 Bay Rd. East Palo Alto, CA 94303	650-322-2365 www.catholiccharitiessf.org	After school program in EPA for 3rd-5th graders. Also offers a 6 week summer program for 3rd-5th graders.	Youth

Girl's Club of the Mid-Peninsula	2400 Ralmar Ave. East Palo Alto, CA	650-322-0543	Offers after school classes such as cooking, art, computer, dance. Swimming and field trips offered over the summer. Focus is primarily girls but sibling boys are welcome.	Youth
Bayshore Christian Ministries	1001 Beech St. East Palo Alto, CA 94303	650-327-1139 www.bayshore.org	Offers after school tutoring, weekly bible study, STEM classes for middle school students, mentoring and summer camp programs.	Youth
East Palo Alto Tennis & Tutoring	Taube Family Tennis Stadium Stanford, CA 94305	650-725-4450 www.epatt.org	Tutoring, parent education and tennis lessons for 1st-12th graders. Bilingual staff available.	Youth, Parents
East Palo Alto Stanford Academy (EPASA)	562 Salvatierra Walk Stanford, CA 94305	650-723-0992 www.haas.stanford.edu	Weekend tutoring and mentoring program for 7th and 8th grade students. Also offers a 5 week summer program.	Youth

### PARENT SUPPORT

PROVIDER	ADDRESS	PHONE/WEBSITE	SERVICES	SERVED
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.	Parents and Children
Nuestra Casa	2396 University Ave. East Palo Alto, CA 94303	650-330-7472 www.nuestracasa.org	Parent education classes, helping parents advocate for their children and navigate systems, community workshops and ESL classes.	Parents
Peninsula Conflict Resolution Center Parent/Teen Mediation Program	1660 South Amphlett Blvd. Suite 219 San Mateo 94402	650-513-0330 www.pcrcweb.org	Mediation support for parents and teens, parenting classes, leadership skills, referrals.	Teens Parents
Palo Alto Police Department Parent Project	Greendell School 4120 Middlefield Rd Palo Alto	Agent DuJuan Green 650-329-2274 <a href="https://www.cityofpaloalto.org/news/displaynews.asp?NewsID=1949">https://www.cityofpaloalto.org/news/displaynews.asp?NewsID=1949</a> <a href="https://www.parentproject.com/">https://www.parentproject.com/</a>	12-week parenting skills workshop for parents of teen children. Thursdays 6:00 to 9:00 pm.	Teens Families
Parents Place- Peninsula	2001 Winward Way Suite 200 San Mateo, CA 94404	650-931-1840 www.parentsplaceonline.org	A parent/family resource center providing support, counseling, education, and resources.	All Ages
Peninsula Family Service	24 Second Ave. San Mateo, CA 94401	650-403-4300 www.peninsulafamilyservice.org	Provides parent education and coaching to support healthy families.	Families
New Creation Home Ministries	422 Hibiscus Ct. East Palo Alto, CA 94303	650-321-3109 www.newcreationhome.org	Residential Program for young Moms and their babies. Community parenting classes and provides baby basic necessities to those in need.	Parents



## INTENSIVE OUTPATIENT / PARTIAL HOSPITALIZATION / RESIDENTIAL TREATMENT

AGENCY/PROGRAM	ADDRESS	PHONE/WEBSITE	SERVICES	SERVED
Caminar	2600 S. El Camino Real, Suite 200 San Mateo, CA 94403	(650) 578-8691	Residential Treatment Programs, Case Management, Supported Housing and more.	Adults
Edgewood	957 Industrial Road, Suite B San Carlos, CA 94070	(650) 832-6900 www.edgewood.org		
El 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.	Teens Ages 13-18 Families
La Selva Group	206 S. California Ave. Palo Alto, CA 94306	Residential: 650-617-8349 Outpatient: 650-323-1401 x7127	Residential and outpatient mental health services.	Adults
Mills-Peninsula Health Center	100 S. San Mateo Drive San Mateo, CA 94403	650-696-4666 www.mills-peninsula.org	Inpatient and outpatient psychiatric services for youth with acute/severe mental health symptoms.	Teens Families

## REPRODUCTIVE HEALTH

AGENCY/PROGRAM	ADDRESS	PHONE/WEBSITE	SERVICES	SERVED
Public Health Department Adolescent Family Life Program	1993 B McKee Road San Jose 95116	408-937-2277 alma.burrell@phd.scc.gov.org	Comprehensive case management services to pregnant and parenting teens and their children.	Pregnant Parenting Teens
Planned 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.	All Ages
	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 Pregnancy 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..	All Ages
	1671 The Alameda Suite 101 San Jose 95126	Central San Jose 408-978-9310		
4C's Community Coordinated Child Care 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.	All Ages

## DISABILITY REHABILITATION & ADVOCACY

AGENCY/PROGRAM	ADDRESS	PHONE/WEBSITE	SERVICES	SERVED
San Andreas Regional Center (SARC)	300 Orchard Drive Suite 170 Campbell 95008	408-374-9960 <a href="http://www.sanandreasregional.org">www.sanandreasregional.org</a>	Case management and community services for individuals with intellectual and developmental disabilities that cause impairment to daily living	All Ages
Hope Services	30 Las Colinas San Jose 95119	408-284-2850 <a href="http://www.hopeservices.org">www.hopeservices.org</a>	Services for individuals with developmental disabilities including mental health, job training, independent living skills, after school programs	All Ages
Center for Independence	2001 Winward Way #103 San Mateo, CA 94404	650-645-1780 <a href="http://www.cidсанmateo.org">www.cidсанmateo.org</a>	Provides mental health and independent living skills support to those with disabilities.	All Ages
Community Alliance for Special Education (CASE)	1550 Bryant St Suite 753 San Francisco 94103	415-431-2285 <a href="http://www.caseadvocay.org">www.caseadvocay.org</a>	Helps families and schools work together in designing appropriate special education programs for students with disabilities.	Minors and Families
Disability Rights California	Bay Area Regional 1330 Broadway, Suite 500 Oakland, CA 94612	Legal Assistance: 800-776-5746 General: 916-504-5800 <a href="http://www.disabilityrightscalifornia.org">www.disabilityrightscalifornia.org</a>	Advocate, educate, investigate, and litigate to advance and protect the rights of Californians with disabilities.	All Ages
Services for Brain Injury	60 Daggett Drive San Jose 95134	408-434-2277 <a href="http://www.sbicares.org">www.sbicares.org</a>	Rehabilitation services for Individuals with traumatic brain injury (SBI) including post-acute support and vocational, social, cognitive skills.	All Ages

## JOB TRAINING

AGENCY/PROGRAM	ADDRESS	PHONE/WEBSITE	SERVICES	SERVED
JobTrain	1200 O' Brien Drive Menlo Park, CA 94025	650-330-6429 <a href="http://www.jobtrainworks.org">www.jobtrainworks.org</a>	Supports unemployed individuals prepare for successful careers in Silicon Valley.	Adults
NOVA Workforce	1777 Borel Pl. Suite 500 San Mateo, CA	650-581-0058 <a href="http://www.novaworks.org">www.novaworks.org</a>	Provides job training and workforce development skills for job seekers in the Silicon Valley. Provides career guidance for those 17-24.	TAY/ Adults
AbleWorks	1836 Bay Rd., Suite B East Palo Alto, CA 94303	650-328-1890 <a href="http://www.able.is">www.able.is</a>	LiveAble supports young mothers reach economic independence. FutureProfits works with high school students to provide life skills and financial education.	Teens/TAY

## LEGAL SERVICES

AGENCY/PROGRAM	ADDRESS	PHONE/WEBSITE	SERVICES	SERVED
Bay Area Legal Aid	1048 El Camino Real, Suite A, Redwood City, CA 94063	(650) 358-0745 <a href="http://www.baylegal.org">www.baylegal.org</a> Legal Advice Line: 1-800-551-5554	Provides legal advice and services for various issues: medical, housing, immigration, employment. Also assists with filing restraining orders.	All Ages

Community Legal Service	1861 Bay Rd. East Palo Alto, CA 94303 1030 Hamilton Ct Menlo Park, CA 94025	650-326-6440 www.clsepa.org	Provides legal services for housing, immigration and employment needs. Walk in hours M-F 9-1 at EPA location.	All Ages
Legal Aid Society of San Mateo County	330 Twin Dolphin Drive, Suite 123 Redwood City, CA 94065	650-558-0915 www.legalaidsmc.org	The Legal Aid Society of San Mateo County provides free civil legal advice, counsel, and representation to low-income people living in San Mateo County. Area of focus include adults with disabilities, immigration, domestic violence, healthcare, housing, children with disabilities, low income benefits, seniors, and teen parents.	All Ages
Legal Advocates for Children & Youth (LACY)	111 W. St. John Street Suite 315 San Jose 95113	408-293-4790 www.lawfoundation.org	Legal and related social services to any youth under 18 years of age.	Minors

## HOUSING

AGENCY/PROGRAM	ADDRESS	PHONE/WEBSITE	SERVICES	SERVED
Project WeHOPE	1858 Bay Road East Palo Alto, CA 94303	650-779-4635 www.projectwehope.org	Emergency homeless shelter open 4:30 pm-7:30 am, transitional housing, a mobile program that provides showers and laundry to the homeless, and classes to get certified as a custodian or security guard.	Adults
Shelter Bed Hotline	N/A	800-SHELTER	A toll-free telephone hotline with information about emergency shelters in the Bay Area. English and Spanish.	All Ages
Clara-Mateo Alliance Shelter	795 Willow Road Menlo Park, CA 94025	650-853-7066	Temporary housing for families.	Families
Hotel de Zink Transitional Shelter	33 Encina Avenue Palo Alto, CA 94301	650-853-8672	Emergency shelter that changes church location monthly. Offers dinner, an emergency bed, breakfast, and case management for up to 90 days.	Adults
LifeMoves Opportunity Services Center	33 Encina Ave. Palo Alto, CA 94301	650-853-8672 <a href="http://www.lifemoves.org">www.lifemoves.org</a>	Provides emergency rental and utility assistance, case management and education services. Family center open for children during the week. Clothes Closet open on Wednesday's 11-1 pm.	Families
Maple Street Shelter	1580A Maple St. Redwood City, CA 94063	650-364-1150 <a href="http://www.lifemoves.org">www.lifemoves.org</a>	Emergency housing for single men and women.	Adults
Spring Street Shelter	2686 Spring St. Redwood City, CA	650-368-3345 www.mhasmc.org	Provides emergency housing for homeless adults with mental illness. Much complete an application form and be open to services.	Adults

HIP Housing	800 South Claremont Street, #210 San Mateo, CA 94402	650-348-6660 www.hiphousing.org	Home sharing program to match home seekers with home providers. Self sufficiency program provides housing assistance for those enrolled in an education or job training program. Own 15 low income housing properties.	Adults
Housing Authority of San Mateo County	264 Harbor Blvd. Bldg A. Belmont, CA	650-802-3300 www.affordablehousingonline.com	Public housing agency for the section 8 housing voucher program.	Adults
St. Vincent de Paul	50 North B Street San Mateo, CA 94401	Help Line: 650-343-4403 Phone: 650-373-0622	Provides food, clothing and other necessities to the homeless. Rent and transportation assistance.	Adults
Samaritan House	4031 Pacific Blvd. San Mateo, CA 94403	650-347-3648 www.samaritanhousesanmateo.org	Offers a variety of basic needs services for low income families and individuals. Rent assistance, housing and financial program. Free clinic, shelter (in SF), case management.	All Ages
The 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	All Ages
Housing Resources	N/A	<a href="http://www.affordablehousingportal.org">www.affordablehousingportal.org</a> <a href="http://www.midpenhousing.org">www.midpenhousing.org</a> <a href="http://www.bridgehousing.com">www.bridgehousing.com</a> <a href="http://www.edenhousing.org">www.edenhousing.org</a>	Affordable and low income housing websites.	All Ages
Palo Alto Housing	2595 East Bayshore Ave. Suite 200 Palo Alto, CA 94303	650-321-9709 www.pah.community.com	PAH owns and operates over 20 low income housing properties located primarily in Palo Alto. Can join waitlists for properties. Also provides help in navigating the affordable housing process.	Adults

### ADDITIONAL RESOURCES

AGENCY/PROGRAM	ADDRESS	PHONE/WEBSITE	SERVICES	SERVED
The Santa 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.	Medi-Cal Eligible Individuals of All Ages
211 Santa Clara County United 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	All Ages

			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.	All Ages
California Clubhouse	210 Industrial Rd. Suite 102 San Carlos, CA 94070	650-539-3345	A free social/vocational program for adults in San Mateo County who suffer from severe mental illness.	Adults
Herban Health	1765 E. Bayshore Rd. Unit 205 East Palo Alto, CA 94303	650-327-7894 www.herbanhealthepa.org	Non-profit that offers holistic health services to the local community including massage, acupuncture, meditation, nutrition and education classes on a donation basis.	All Ages
Heart & Soul Inc.	210 Industrial Rd. #205 San Carlos, CA 94070	650-232-7426	Offers peer to peer counseling and self help groups in San Mateo County.	Adults
Mayview Community Health Center	270 Grant Avenue Palo Alto, CA 94306	650-327-8717	Medical care, preventative care, and prenatal care at reduced fees or no cost.	All Ages
Mental Health Association of San Mateo County	2686 Spring St. Redwood City, CA 94063	650-368-3345 www.mhasmc.org	Provides shelter and support for those who are homeless with mental illness or HIV/AIDS living in San Mateo County.	Adults
County District Attorney Victim-Witness Assistance Program	San Mateo County 400 County Center Redwood City 94063	650-599-7479 www.da.smcgov.org/victi m-services	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.	All Ages
	Santa Clara County 70 W. Hedding St. San Jose 95110	408-295-2656 www.sccgov.org/sites/da/ VictimServices		
Veterans Affairs Palo Alto Health Care System	3801 Miranda Ave. Palo Alto, CA 94304	650-493-5000 800-455-0057 www.paloalto.va.gov	Medical, mental health, psychiatric, housing and substance abuse services and classes. Women's Counseling Center and PTSD focus.	Veterans
	795 Willow Road Menlo Park, CA 94025	650-614-9997		
Older Adult System of Integrated Services		650-573-2615	OASIS provides home visits by mental health professionals for adults with mental illness.	Adults 60+
Ecumenical Hunger Program	2411 Pulgas Ave. East Palo Alto, CA 94303	650-323-7781 www.ehpcare.org	Provides food, clothing, furniture, and other household supplies and advocacy for those in need. Free lunches 12-2 on Wed & Fri. Free dinners on Wednesdays at St Francis Church 5-6pm.	All Ages

