COUNSELING REFERRALS

Alliance Community Counseling Center
1040 Lincoln Avenue, San Jose
Psychotherapy, community support
293-4489
Fee varies w/ income, Victim-Witness

Almaden Valley Youth Counseling Services
6529 Crown Blvd. #D, San Jose
Counseling, parenting, crisis intervention,
997-0200
Fee varies w/ income

Alum Rock Counseling Center
1245 E. Santa Clara St. San Jose
Counseling, teen crisis, parent enrichment
294-0500
Fee varies w/ income, victim witness

Art & Play Therapy - Grace Baptist Community Center
146 S. Tenth St. San Jose
10-week art and play groups for children and art groups for abused women
971-9457
$40 for 10 weeks

Asian Americans for Community Involvement (AACI)
2400 Moorpark Avenue, #300, San Jose
Crisis, individual & group counseling, gang intervention
975-2730
Fee varies w/ income, Medi-Cal

Bill Wilson Center
3490 The Alameda, Santa Clara
Counseling, residential treatment for adolescent girls
243-0222
Fee varies w/ income

Catholic Charities of Santa Clara County
2625 Zanker Road, San Jose
Counseling & education, crisis intervention
944-0469
fee varies w/ income, Medi-Cal

Center for Living with Dying
554 Mansion Park Drive, Santa Clara
Grief/illness counseling, emergency support
980-9801
Fee varies w/ service

Children's Health Council
700 Sand Hill Road, Palo Alto
Multidisciplinary diagnostic evaluation and treatment for children with emotional, behavioral, developmental or learning problems
650-326-5530
Medi-Cal, financial aid

Eastfield Ming Quong (EMQ)
251 Llewellyn Avenue, Campbell
Counseling, crisis, residential treatment, parenting
379-9085
Fee varies w/ service
Center for Training and Careers
Basic skill and vocational training, job development & placement, GED classes 251-3165

Community Child Care Council (4C)
Assistance in locating child care options for children, incl. special needs 487-0749

Community Family Services, Inc
Provides high quality child care and development services for low-income families 275-0810

Kids to Camp
Funds and refers at-risk children for community camp programs 269-2267

Mexican American Community Services Agency (MACSA)
Provides information and referrals for assistance to Mexican-Americans 928-1122

Mexican Consulate
Protection and assistance for Mexican citizens 294-3414

Economic and Social Opportunities
Training, education, housing, drug/alcohol and AIDS services 971-0888

Ethiopian Community Services
Assist Ethiopians' adjustment and integration into American society 297-7638

Girl Scouts of Santa Clara County
Activities for girls to develop important life-skills and raise self-esteem 287-4170

Goodwill Industries of Santa Clara County
Vocational evaluation, remedial education, GED, vocational skills training 998-5774

Hospice of the Valley
Physical, psychological and spiritual support for terminal patients and their families 947-1233

Indian Health Center
Substance abuse, mental health, health education, WIC and advocacy services 445-3400

Indochinese Resettlement and Cultural Center
Cross-cultural seminars, job placement, ESL classes and immigration assistance 971-7878

Korean-American Community Services
Social adjustment counseling, translation, services, referrals, ESL, youth services 920-9733
Alliance for the Mentally Ill
280-7264

CONTACT Cares of Silicon Valley (24-hr) 279-8228
Crisis intervention, counseling, referrals and parent support

Crisis Line for the Handicapped (24-hr) 1-800-426-4263
Counseling and support for the physically disabled and their families

Community Solutions (24-hr) 683-4118

EMQ Children & Family Services (24-hr) 379-9085

Postpartum Stress Line 1-888-773-7090
For women who experience depression or other difficulty after giving birth

United Way 248-4636
Provides information and referrals

DRUG/ALCOHOL ABUSE:
Al-Anon/Ala-teen/Ala-kid 379-1051
Support for family & friends of alcoholics, addicts

Alcoholics Anonymous (24-hr) 374-8511
Peer support program for anyone who would like to stop drinking

Gateway (24-hr) 1-800-488-9919
Drug and Alcohol Referral Line

Narcotics Anonymous (24-hr) 998-4200

RAPE CRISIS:
Community Solutions-South County (24-hr) 779-2115
YWCA, Mid-Peninsula (24-hr) 650-493-RAPE
YWCA Santa Clara Valley (24-hr) 287-3000

SUICIDE:
National Suicide Crisis Hotline (24-hr) 1-800-784-2433
Suicide and Crisis Hotline (24-hr) 279-3312
Central County
South County 683-2482

VICTIMS OF VIOLENCE:
Victim Witness Assistance 295-2656
<table>
<thead>
<tr>
<th><strong>Counseling and referral:</strong></th>
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<tr>
<td><strong>888-672-2296</strong></td>
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<td><strong>800-532-3749</strong></td>
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<td><strong>Campaign for our Children</strong></td>
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**SELF-INJURY [back to top]**

<table>
<thead>
<tr>
<th><strong>800-DON'T-CUT</strong></th>
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<td><strong>800-366-8286</strong></td>
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**SEXUALLY TRANSMITTED DISEASES [back to top]**

<table>
<thead>
<tr>
<th><strong>800-342-2437 (English)</strong></th>
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<tr>
<td><strong>800-227-8922</strong> (English/Spanish)</td>
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<tr>
<td><strong>800-344-7432 (Spanish)</strong></td>
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<tr>
<td><strong>800-243-7889 (TTY)</strong> (24 hours)</td>
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**National HIV Testing Resources**
A service of the CDC; information, FAQs, referrals

| **919-361-8488** | National Herpes Hotline Information and referrals. |

| **800-367-2437** (English, Spanish, Tagalog) | California HIV Hotline San Francisco AIDS Foundation Information and referrals. Not a 24-hour crisis line. |

**ALCOHOL [back to top]**

<table>
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<tr>
<th><strong>800-NCA-CALL</strong></th>
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<tr>
<td><strong>800-622-2255</strong> (24 hours)</td>
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<th><strong>800-662-HELP</strong></th>
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<td><strong>800-662-4357</strong></td>
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| **800-527-5344** | Alcohol and Drug Helpline Helpline for finding treatment. |

**888-4AL-ANON**

| **888-425-2666** (meeting information) | Al-Anon and Alateen Al-Anon helps families and friends of alcoholics recover from the effects of living with the problem drinking of a relative or friend. Alateen is the recovery program for young people. Alateen groups are sponsored by Al-Anon members. |

| **Alcoholics Anonymous (AA)** | Find a local meeting. |

**DRUGS [back to top]**

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<tr>
<th><strong>800-COCAIN</strong></th>
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| **800-347-8998** | Cocaine Anonymous International Referral Line. Find a local meeting. |

| **800-766-6779** | Marijuana Anonymous Find a local meeting. |

| **415-456-1292** | Marin County Fellowship of Narcotics Anonymous |
### EATING DISORDERS

<table>
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<tr>
<th>Hotline</th>
<th>Organization</th>
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<tr>
<td><strong>847-831-3438</strong></td>
<td>National Association of Anorexia Nervosa and Associated Disorders</td>
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<td>Hotline, Counseling and Referrals</td>
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<td>Overeaters Anonymous</td>
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<td>Find a local group</td>
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<td>Weight Watchers</td>
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<td></td>
<td>Find a local group</td>
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<td>National Eating Disorders Association</td>
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<td>Information on eating disorders and referrals for treatment.</td>
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### OBESITY

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<tr>
<td>National Center for Chronic Disease Prevention and Health Promotion</td>
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<tr>
<td>Information and resources on overweight and obesity.</td>
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Last Updated: May 2006
When you don't know who to call:
Dial 2-1-1

Dial 2-1-1 for a free, non-emergency, telephone service that connects you with hundreds of community services. A trained, caring professional will help you - 24 hours a day - find information and referrals for:

- Basic Needs
- Child & Elder Care
- Counseling
- Employment Assistance
- Health Services
- Immigration Assistance
- Volunteering
- & Donating

and So Much More!

For Everyday Needs and in Times of Crisis

Ver texto en español adentro / Tiếng Việt bên trong
Nakapaloob ang Tagalog / 內有中文

Santa Clara County
Get Connected. Get Answers.
United Way Silicon Valley

United Way
United Way Silicon Valley

www.211scc.org