

# ACCESSING CARE

Help is always within reach.

## If you or someone you know is in a mental health crisis:

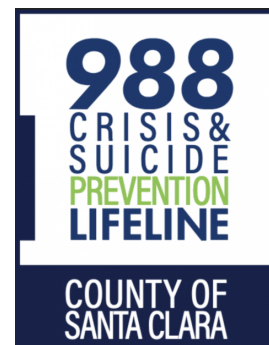
### Call or text 988

Mental Health Crisis & Suicide Prevention Lifeline

*Call 800-704-0900 if not dialing from area codes  
408, 650, or 669.*

Compassionate support if in crisis, or just need to talk.

Free | 24/7 | 200+ languages



### Get walk-in care

Behavioral Health Urgent Care

Visit 2221 Enborg Lane, San Jose ; Phone: 1 (408) 885-7855

## To find a provider/treatment:

### If you have private insurance:

Ask your doctor or call the number on the back of your insurance card and ask for a care manager

### If you have Medi-Cal/Medicare:

Call the number on the back of your insurance card or the County Behavioral Health Call Center at 800-704-0900

### If you do not have insurance:

Call the County Behavioral Health Call Center at 800-704-0900

## Other ways to find a provider/treatment:

**Employer:** Employee Assistance Program

**School District:** Talk to the guidance counselor or district

**LGBTQIA+:** Call the Q Corner at 408-977-8800

**Peer Guidance:** Call the Behavioral Health Navigator Program at 800-704-0900, option 4

# Additional Resources to Access Care

## Local Resources



- Offers support and guides community members to mental health resources, such as finding a provider.
- Visit <https://namisantaclara.org/> or call the NAMI Helpline at 408-453-0040, press 1 (M-F 10am- 6pm)



- Provides legal advice on health access-related issues such as plan enrollment, termination, and coverage denial.
- Visit <https://baylegal.org/> or call the Bay Legal Health Consumer Center at 855-693-7285.

## State Resources



or call 1-888-466-2219



or call 1-800-927-4357

***Still unsure of where to go or what to do next?***

Call the NAMI Helpline at 408-453-0400 x1