

## Local Counseling and Support Groups

All resources below are hyperlinked. Please click on the appropriate resource to explore their offerings and ways to connect with them.

1. [Santa Clara County Behavioral Health Call Center](#)  
Call (800) 704-0900, press 1. Referrals are available for all ages, and services are open to Santa Clara County residents who have Medi-Cal, Medicare, or no insurance.
2. [San Mateo Behavioral Health and Recovery Services \(BHRS\) Behavioral Health Services & Programs Guide](#) (The Children and Youth Treatment Services can be reviewed on page 59)
3. [San Francisco Mental Health Referral Line](#)  
Call their 24-hour helpline at (888) 246-3333, TDD (888) 484-7200. Drop in at the Behavioral Health Access Center (BHAC) at 1380 Howard Street, 1st Floor (at 10th Street); San Francisco, CA 94103 (Open Hours: Monday to Friday, 8 am to 5 pm). For general information and appointments, call 415-503-4730.
4. [allcove Palo Alto](#)
5. [allcove San Mateo](#)
6. [Asian Americans Community for Community Involvement \(AACI\)](#)
7. [Adolescent Counseling Services \(ACS\)](#)
8. [ASPIRE at El Camino Hospital](#)
9. [Bay Area Children's Association \(BACA\)](#)
10. [Caminar](#)
11. [Children's Health Council \(CHC\)](#)
12. [Counseling and Support Services for Youth \(CASSY\)](#)
13. [Kara Grief Support](#)
14. [La Clínica Latina at the Granowski Center \(Palo Alto University\)](#)
15. [La Selva Community Clinic](#)
16. [Momentum for Health](#)
17. [National Alliance on Mental Illness \(NAMI\) – Santa Clara County](#)
18. [National Alliance on Mental Illness \(NAMI\) – San Mateo County](#)
19. [Outlet](#) (A Program of ACS, LGBTQIA+ Mental Health Services)
20. [Parents of Vision – A Faith Based Support Group](#)
21. [SELPA 1 CAC \(Special Needs Support and Education\)](#)
22. [The LGBT Youth Space](#)
23. [The Q Corner](#)