



National Alliance on Mental Illness

# NAMI San Joaquin County

## #ConnectedTogether Resources

- *NAMI San Joaquin* offers support groups for peers and family members as well as classes such as Family to Family and Peer to Peer. The F2F classes teach family members/loved ones about mental illness and how to better support the loved one. The P2P class is directed at the individual dealing with mental illness. Visit our website or contact us through email at [info@namisanjoaquin.org](mailto:info@namisanjoaquin.org)
- *Parent Cafe's* combine the strength of community members and families all across the county with the knowledge and curriculum of trained CAPC staff to help strengthen families and the communities they live in. This is achieved by a “coming together” of parents to share common ideas and goals as well as foster new friendships. This helps build a stronger network of support among the participants. Parent Cafe's are ongoing and meet at various community centers and schools. Check the website or contact Angela at 209-644-5331. *Child Abuse Prevention Council*.
- *JourneyWorks* is a free home visitation program that connects families with advocates trained to provide hands on support in the home. CAPC connect their families to helpful community resources and provide an essential framework to establish a healthy and positive home environment. Contact Angela MaGee at 209-644-5366.

- *The Wellness Center of San Joaquin County* offers a daily (M-F) Zoom support group meetings at 10am. Call 209-451-3977 for more information.
- *San Joaquin County Behavioral Health Services* hosts a monthly meeting called The Consortium. All organizations who offer mental health services are welcome to attend and share/learn from others what is available in the community. Contact Angelo Balmaceda for more information at 209-468-8758 or email at [abalmaceda@sjcbhs.org](mailto:abalmaceda@sjcbhs.org)
- *Turning Point Community Programs* is committed to empowering people of all ages and identities to live their best life through the delivery of quality behavioral health and social services. *Esperanza and Justicia* are a full-service treatment programs through the San Joaquin Behavior Health Services by referral only.
- *Telecare* offers a diverse and evolving array of recovery-centered programs and solutions for the customers, communities, and people they serve. More information is found on their website.
- *Crisis Text Line* connects you to a Crisis Counselor for free 24/7 support. Text HOME to 741741.
- *The notOK App*<sup>™</sup> is a free app that takes the guesswork out of asking for help when you're feeling vulnerable. They'll notify your trusted contacts that they've been selected as your support group, so when the time comes and you need to reach out, you'll just have to open the app and press the large, red notOK<sup>™</sup> button. Check the website for more information and it is available on the AppStore.
- *The Consumer Support Warm-Line* is a friendly phone line staffed with Mental Health Outreach Workers who give support and shared experiences of Hope and Recovery. The consumers and their families can obtain referrals, share concerns, receive support, and talk with a Mental Health Outreach Worker who generally understands their perspective, and is willing to listen and talk with

them.

The Consumer Support Warm-Line is available 24/7, 365 days a year. To access this service please call (209) 468-8686 and ask to be connected to the Consumer Support Warm-Line.

- *Active Minds* is a group that has been meeting virtually every Wednesday at 1:30. It is a safe place for peer to peer support. Any Delta College student is welcome. Please contact Heather Bradford at [heather.bradford@deltacollege.edu](mailto:heather.bradford@deltacollege.edu).

This is not an exhausted list of all the services offered in San Joaquin County to support mental health but we hope to add to it as we are connected with more people in our community.