Program funded by Mental Health Services Act (MHSA)
http://www.sccbhsd.org/mhsa

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Office of Consumer Affairs Program (OCA)
Zephyr Self-Help Center
1075 East Santa Clara Street,
Back of the Building
San Jose, CA 95116

“We can accomplish more together than we can alone.”
Community Resources

Behavioral Health Call Center ..................... 1-800-704-0900
Press 1: Suicide and Crisis
Press 2: Adult Mobile Crisis Services
Press 3: Behavioral Health Urgent Care 8:00 A.M. – 7:00 P.M.
Press 4: Referrals for Mental Health & Substance Use
Press 5: General Information

Suicide and Crisis Hotline ......................... 1 855-278-4204
Crisis Text Line – English only ........... Text RENEW to 741741
Domestic Violence Hotline .................. 1 408-279-2962
Report Child Abuse & Neglect Hotline... 1 833-SCC-KIDS
Report Elder Abuse & Neglect Hotline.... 1 800-414-2002
Youth Substance Use Treatment Services Call Center
M – F: 9:00 A.M. – 6:00 P.M. ...................... 1 408-272-6518
After Hours ........................................... 1 800-488-9919
Emergencies ............................................ 911
Ask for a Crisis Intervention Trained (CIT) Officer

NAMI .................................................... 1 408-453-0400
National Alliance on Mental Illness

Behavioral Health Services Department Website
www.sccbhsd.org

Office of Consumer Affairs
Self-Help Centers

Free Peer Support Services, Groups and Education:

- Support Navigating the Public System
- Individual 1:1 Peer Support
- Resources, Linkages and Referrals
- Psychoeducational Groups
- Peer Support Groups
- Peer Social Groups
- Wellness & Recovery Action Plan (WRAP)
- Presentations on Community Supports
- Wellness Workshops
- Consumer Learning Center, Computer Lab
  & Classes in Basic Computer Skills

Program Vision

Through peer support, we see people advance in wellness and recovery, employment, education, housing, and engage in meaningful activities. We see individuals transform their lives, reach for their highest potential, engage in a vibrant social life and enjoy satisfying relationships in the community.

Community Vision

To help people navigate multiple systems; link them to resources, provide emotional support, and education. Through these actions, we nurture personal empowerment, wellness and recovery.

The Power of Community Heals