Our Mission

Our mission is to empower family members and their loved ones with accessible education, support and resource opportunities.

The Office of Family Affairs assists families in navigating the behavioral health system of care. We offer direct support, information and education with the goal of providing recovery and hope.

We can provide support during this time of need.

Office of Family Affairs
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Mental Illness can have a tremendously devastating effect on families, friends and loved ones. As family members ourselves, we can help your family get back to living a healthy and meaningful life. By not running away from the illness, but instead by embracing it and learning how to live with it.

The office of Family Affairs, can help you during this time of need by providing the following services:

- Individual Peer Support
- Family Support Groups
- Family WRAP® available in English and Español
- Mental Health First Aid Class

**Family WRAP®**

WRAP® (Wellness Recovery Action Plan) is a wellness tool that families and individuals can use to develop a plan that supports wellness and recovery for everyone in the family.

**Family WRAP Support Group (English)**

**Day:** Wednesday, except holidays  
**Time:** 6:30 p.m.—8:00 p.m.

**Family WRAP Support Group (Español)**

**Day:** Saturday, except holidays  
**Time:** 5:00 p.m.—6:30 p.m.

**LOCATION:**
2221 Enborg Ln., San Jose, CA

**MHFA**

Mental Health First Aid is an 8-hour course that prepares members of the public to provide Mental Health First Aid to those in need.

To learn more please visit:  
www.mentalhealthfirstaid.org

**Resources**

- 24/7 Santa Clara County Suicide and Crisis Hotline: 800-278-4204
- EPS (Emergency Psychiatric Services): 408-885-6100
- Behavioral Health Call Center: 800-704-0900
- NAMI (National Alliance on Mental Illness): 408-453-0400
- Mental Health Advocacy Project: 408-294-9730
- Uplift Mobile Adolescent Crisis Unit 24/7: 408-379-9085
- Urgent Care: 408-885-7855