

*****This list is intended for informational purposes only.*****

**Congregation Beth Am
Beit R'fuah (House of Healing)
Mental Health Resource Project**

Santa Clara, San Mateo, San Francisco, Santa Cruz Counties

The following list of Resources was compiled by the members of Beit R'fuah -- House of Healing -- at Congregation Beth Am in Los Altos Hills California.

Beit R'fuah is a support group for both individuals and family members who cope with mental health issues. We are lay led by a congregation member who is a National Alliance on Mental illness trained facilitator.

Our meetings are strictly confidential. We share a meal, have sharing time and share group strategies for coping as well as community resources available. We have guest speakers, music programs and holiday celebrations. We are listed in the congregational newsletter, in weekly announcements and online.

This Resources list was designed to gather critical information about services available in our local community available to those needing help for themselves or loved ones who are dealing with mental illness. It is important to note that specific counties provide different services so it's important, especially in time of crisis, to know what is available where you live.

The list also includes general resources that can help to inform both those in need and members of congregational communities about mental illness and to help combat the stigma that is still associated with it.

We encourage others to use this list as a template for gathering a list specific to their communities. Having the list prominently available to clergy and congregation members will, we believe, help those in need, especially those in crisis, get the help they need.

We also encourage others to bring the following two documents, winners of the Women of Reform Judaism's 2015 Gold [Or Ami Award](#), to their congregations

[Mental Illness Support Group Guide](#) - a detailed guideline for creating a congregational support group. Our group, and others like it that are forming at reform congregations across the country, is a sub-community of those dealing with mental illness where they can share experiences, learn from and support each other, nurture a safe space for sharing and camaraderie, and combat the isolation that is too often associated with mental illness.

[Visiting People with Mental Illness](#) - an easily downloadable and reproducible brochure designed to help congregation members, particularly members of Caring Committees who fulfill the mitzvah of Bikkur Cholim, visiting the sick, consider the special needs of those who are dealing with mental illness.

For more information, or to make additions or corrections to this list, please email mentalhealth@betham.org.

1. Hospitals –

For Mental Health Emergencies, dial 911 and request a CIT
(Crisis Intervention Team) Officer

In-Patient

Stanford Hospital - Psychiatry and Behavioral Sciences

<http://stanfordhealthcare.org/medical-clinics/psychiatry-behavioral-sciences.html>

Boswell Building
300 Pasteur Drive
Stanford, CA 94305
2nd Floor
650-725-9848

El Camino Hospital

[http://www.elcaminohospital.org/Programs and Services/Behavioral Health](http://www.elcaminohospital.org/Programs_and_Services/Behavioral_Health)

2500 Grant Road
Mountain View, CA 94040
800-216-5556

Santa Clara Valley Medical Center

The Acute Psychiatric Services Division of Santa Clara County Valley Medical Center (VMC) operates Emergency Psychiatric Services (EPS). Emergency Psychiatric Services (EPS) is the only 24-hour locked psychiatric emergency room, which provides emergency psychiatric care to residents of Santa Clara. Their number is 408-885-6100.

Crestwood Center in San Jose is a 174-bed, locked mental health rehabilitation center (MHRC) Crestwood Behavioral Health has been providing a residential skilled nursing program at our Crestwood Manor - Stockton facility since 1970. Our 190-bed Stockton center serves men and women from a number of California communities, including Sacramento and San Joaquin counties. We offer subacute care ...

SANTA CLARA VALLEY MEDICAL CENTER: BARBARA ARONS PAVILION

Phone: (408) 885-6140

Address: 820 Enborg Court San Jose, CA 95128 [view map](#)

A 60-bed acute inpatient psychiatric unit for individuals in need of acute hospitalization. ...

VALLEY MEDICAL CENTER: EMERGENCY PSYCHIATRIC SERVICES (EPS)

Phone: 408-885-6100

Mental Health Program at Veterans' Hospital

<http://www.paloalto.va.gov/services/mental.asp>

3801 Miranda Ave
Palo Alto, CA 94304
800-455-0057

San Mateo Medical Center

222 West 39th Avenue
San Mateo, CA 94403
650-573-2662

Langley Porter Psychiatric Hospital and Clinics – University of California, SF

psych.ucsf.edu/lpphc

Acute Patients – 415-476-7430

Partial Hospitalization Program daily 9-4 – 415-476-7832

Out Patient Program – 415-476-7500

Front desk for all programs – 415-426-7000

Behavioral Health and Recovery Services' AOT

San Mateo County

<http://patch.com/california/menlopark-atherton/know-someone-menlo-park-living-serious-mental-illness-county-says>

San Jose Behavioral Health

Acute psychiatric in-patient care for adolescents, Youth 14-17

Parents insurance will cover.

This is the first adolescent in patient facility in Santa Clara Co.

Located in San Jose, and easily accessible to residents in Santa Clara County, San Mateo County, San Benito, and Alameda County

877-801-5455

<http://www.sanjosebh.com/>

Out-Patient

Bipolar Disorders Clinic – Stanford University

<http://bipolar.stanford.edu/>

Depression Research Clinic – Stanford University

<http://med.stanford.edu/depression/>

Obsessive-Compulsive Disorders Program – Stanford University

<http://ocd.stanford.edu/>

Psychiatry | Mental Health - Palo Alto Medical Foundation

<http://www.pamf.org/psychiatry/>

650-853-2904

Mental Health Program at Veterans' Hospital

<http://www.paloalto.va.gov/services/mental.asp>

3801 Miranda Ave

Palo Alto, CA 94304

800-455-0057

CHC Intensive Outpatient Program for Teens

www.chconline.org

Palo Alto

650-688-3625

help@chconline.org

SafeSpace Youth Mental Health Clinic/Teen Wellness Center

1166 El Camino Real, Menlo Park

(650) 304-3906

<http://www.safespace.org>

Department of Psychiatry and Behavioral Sciences, Stanford Medicine

https://med.stanford.edu/psychiatry/patient_care/inspire.html

Contact Information: <https://med.stanford.edu/psychiatry/about/contact.html>

2. Jewish Resources

Bay Area Jewish Healing Center

<http://jewishhealingcenter.org/programs-and-services/mental-illness-outreach/>

Union for Reform Judaism - Caring Community: Mental Health and Addiction

<http://urj.org/life/community/health/mental/>

Women of Reform Judaism 43rd Assembly Resolution, 2001: Complete Health: Mental and Physical

<http://www.wrj.org/social-justice/resolutions-statements/most-important/complete-health>

Institute for Jewish Spirituality

<http://www.jewishspirituality.org>

The Institute for Jewish Spirituality has on line classes daily for the practice of Jewish meditation and other Jewish tradition teachings

Jewish Local Support Groups

Congregation Beth Am

<http://www.betham.org>

Beit R'fuah, support group for those coping with mental health issues and the family and friends who help and sustain them. The group usually meets the second Wednesday of each month, starting with a potluck dinner followed by sharing and discussion among participants. For more information, email mentalhealth@betham.org
650-493-4661

Temple Isaiah, Lafayette, CA: P'tach Libeynu

<http://www.temple-isaiah.org/get-involved/mental-illness-support/>

925-283-8575

Congregation Beth Sholom, San Francisco: NACHAMU ("COMFORT") MENTAL HEALTH SUPPORT GROUP

<http://www.bethsholomsf.org/get-involved/groups.html - Nachamu>

415-221-8736

Jewish Family Services

20 Channing Avenue, Palo Alto, 650-688-3030.

2001 Winward Way, San Mateo, 650-931-1800

2150 Post St. San Francisco 94115 415-449-1200

<http://www.jfcs.org>

650-688-3030

Sermons

Parshat Balak, D'var Torah, July 15, 2005, Jane Marcus, President, Beth Am Women

<http://www.betham.org/sermon/parashat-balak>

3. County Services

Community-based resources and tools for seniors, people with disabilities, caregivers and service providers.

Santa Clara County

Website:

www.sccmhd.org

<http://santaclara.networkofcare.org/mh/>

Santa Clara County Valley Health and Hospital System Mental Health Department
828 South Bascom Avenue, Ste. 200
San Jose, CA 95128
408-885-5770; Fax: 408-885-5788

Access/Service Referral Number
1-800-704-0900
Adult Mental Health

Grief Support
<http://www.namisantacalara.org/resources/grief-support-resources/>
408-453-0400

San Mateo County

Website:
<http://www.smhealth.org/mentalhealth>
<http://sanmateo.networkofcare.org/mh/home/index.cfm>

San Mateo County Behavioral Health & Recovery Svcs.
225 37th Avenue, Suite 320 Administrative Offices-no clinical services
San Mateo, CA 94403-4324
650-573-2541; Fax: 650-573-2841

Access Call Center 800-686-0101, TDD 800-943-2833
24-hour Crisis Hotline 650-579-0350

Psychiatric Emergency Services
222 West 39th Avenue, San Mateo, CA 94403
650-573-2662

San Francisco County

Website:
<http://mentalhealthsf.org/help-now/hotline-crisis-supports/>
<https://www.sfdph.org/dph/comupg/oservices/mentalHlth/CBHS/default.asp>

San Francisco Community Behavioral Health Services
1380 Howard Street, 5th Floor
San Francisco, CA 94103
415-255-3400
415-781-0500 SF Suicide Prevention

Santa Cruz County

Website: <http://santacruzhealth.org/HSAHome/HSADivisions/BehavioralHealth.aspx>
<http://santacruz.networkofcare.org>
Santa Cruz County Mental Health and Substance Abuse Services
1400 Emeline Avenue, Bldg. K
Santa Cruz, CA 95060
831-454-4170 or 831-454-4767
CRISIS INTERVENTION & Access/Service Referral Number
408-279-3312 – Santa Clara County

4. Organizations

National Alliance on Mental Illness for clients, their families and partners...

<http://www.nami.org/>

(800) 950-6264

Local chapter: National Alliance on Mental illness Santa Clara County, California

www.namisantaclara.org

408-453-0400

Mental Health First Aid is an in-person training that teaches you how to help people developing a mental illness or in a crisis.

<http://www.mentalhealthfirstaid.org/cs/>

Brain and Behavior Research Foundation/National Alliance for Research on Schizophrenia & Depression (NARSAD) for information, education

<http://bbrfoundation.org/>

800-829-8289

National Institute of Mental Health for information, education

<http://www.nimh.nih.gov/>

866-615-6464

Depression & Bipolar Support Alliance Association

<http://www.dbsalliance.org/>

800-273-8255

Suicide Awareness Voices of Education (SAVE)

www.save.org

800-273-8255

Yellow Ribbon Suicide Prevention Program

www.yellowribbon.org

800-273-8255

CIT (Crisis Intervention Team, International)

<http://www.citinternational.org/>

Support Network for Battered Women under YWCA in Santa Clara County

www.snbw.org

800-572-2782

DMDA (Depressive Manic –Depressive Association)

San Francisco

415-995-4792

DMDA San Mateo County

650-595-5131

Youth Bipolar Foundation of Northern California

<http://www.sfsuicide.org/youth>

415-781-0500

Mental Health America

<http://www.mentalhealthamerica.net/>

San Francisco

415-421-2926

The Blue Dove Foundation
<https://thebluedovefoundation.org/>
Atlanta, GA

Center for Children and Youth:

Parents Place is a program of the Center for Children and Youth,
a division of Jewish Family and Children's Services.

- 1710 Scott Street, San Francisco, CA 94115
- 2001 Winward Way, Suite 200, San Mateo, CA 94404
- 200 Channing Ave., Palo Alto, CA 94301
- 600 Fifth Avenue, San Rafael, CA 94901

Project Safety Net:

<https://www.psn youth.org/resources/>

A collaborative community network dedicated to youth resiliency, wellbeing and suicide prevention

5. Support

Palo Alto Unified School Dist. List of Resources:

http://pausd.org/parents/services/health/documents/HealthResourceList1-2015_000.pdf

The Transitional Program
463 College Ave, Palo Alto, CA 94306
650-324-3330

<http://www.transitionalprogram.org/>

Hope Encouragement Love Prayer (HELP) Ministry, Menlo Park Presbyterian Church Mental Health Support Group

<http://staging2.mppc.org/connect/help-mental-health-support>

False Arrest: Mental Health and the Criminal Justice System – Special Needs Alliance

<http://www.specialneedsalliance.org/false-arrest/>

Dialectical Behavioral Therapy

<http://behavioraltech.org/>

Mental Health First Aid

<http://www.mentalhealthfirstaid.org/cs/>

Fountain House

<http://www.fountainhouse.org/>

SF Suicide Prevention

415-781-0500 (hotline)

415-984-1900 (office phone)

6. Legal

Special Needs Trusts – National Academy of Elder Law Attorneys for information, education

http://www.naela.org/Public/About_NAELA/Public_or_Consumer/Special_Needs_Trusts.aspx

Special Needs Trusts – Special Needs Alliance for information, education
<http://www.specialneedsalliance.org/sna-can-help-families>
<http://www.specialneedsalliance.org/practice-areas>

Law Foundation of Silicon Valley
<http://www.lawfoundation.org/>

7. Documentaries, Books & Articles

Can Stimulating the Vagus Nerve Improve Mental Health? - The New York Times
<https://www.nytimes.com/2022/06/02/well/mind/vagus-nerve-mental-health.html>

Does Practicing Gratitude Help Your Immune System?
https://greatergood.berkeley.edu/article/item/does_practicing_gratitude_help_your_immune_system

College students are forming mental-health clubs — and they're making a difference
https://www.washingtonpost.com/news/to-your-health/wp/2018/06/28/college-students-are-forming-mental-health-clubs-and-theyre-making-a-difference/?noredirect=on&utm_term=.475ff76ecaac

URJ 66th General Assembly Resolution, 2001: ESTABLISHING A COMPREHENSIVE SYSTEM OF CARE FOR PERSONS WITH MENTAL ILLNESSES
http://urj.org/Articles/index.cfm?id=7159&pge_prq_id=29601&pge_id=4590

Shining a light on mental health in the Jewish community
By Elissa Einhorn | May 18, 2018
<https://www.jweekly.com/2018/05/18/shining-light-mental-health-jewish-community/>

My Lovely Wife in the Psych Ward, by Mark Lukach
<https://www.harpercollins.com/9780062422910/my-lovely-wife-in-the-psych-ward/>

Shadow Voices - Documentary Film on Mental Illness, National Council of Churches
<http://www.shadowvoices.com>

"Caring for the Soul - R'fuat HaNefesh", edited by Rabbi Richard F. Address
<http://www.urjbooksandmusic.com/product.php?productid=319>

Darkness Visible – William Styron
Free Online Booklet here:

<http://wileywitch.com/2013/psychology/free-on-line-booklet-darkness-visible-by-william-styron/>

Touched with Fire - Kay Redfield Jamison: Manic Depressive Illness and the Artistic Temperament
<http://www.barnesandnoble.com/w/touched-with-fire-kay-redfield-jamison/1100623349?ean=9780684831831>

Exuberance Passion for Life - Kay Redfield Jamison, Author

<http://www.publishersweekly.com/978-0-375-40144-2>

The Center Cannot Hold - Elyn R. Saks (Author),

http://www.easacommunity.org/shop/images/The_Center_Cannot_Hold_-Book_Review.pdf

Patty Duke - A Brilliant Madness

<http://www.amazon.com/Brilliant-Madness-Living-Depressive-Illness/dp/0553560727>

Living with Someone who has Bipolar Disorder

[http://www.amazon.com/Living-Someone-Whos-Bipolar-](http://www.amazon.com/Living-Someone-Whos-Bipolar-Disorder/dp/B008X0P3WY/ref=pd_sim_b_6?ie=UTF8&refRID=015JVDEX7260Z9NSZBAB)

[Disorder/dp/B008X0P3WY/ref=pd_sim_b_6?ie=UTF8&refRID=015JVDEX7260Z9NSZBAB](http://www.amazon.com/Living-Someone-Whos-Bipolar-Disorder/dp/B008X0P3WY/ref=pd_sim_b_6?ie=UTF8&refRID=015JVDEX7260Z9NSZBAB)

"Give Me Your Hand: A Guide to Mental Illness for Jewish Clergy" compiled by Rabbi Elliot Kukla, Bay Area Jewish Healing Center. www.jewishhealingcenter.org

"Pathways to Partnership: an awareness & resource guide on mental illness"

<http://www.worldcat.org/title/pathways-to-partnership-an-awareness-resource-guide-on-mental-illness/oclc/40572178?ht=edition&referer=di>

Lifelights - Pamphlets on the following topics

<https://jewishlights.com/page/category/LL>

"Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness" Paperback – May 1, 1990
by Jon Kabat-Zinn

I Am Not Sick, I Don't Need Help! How to Help Someone with Mental Illness Accept Treatment.
10th Anniversary edition. by Xavier Amador (Author)

http://www.amazon.com/Someone-Mental-Illness-Treatment-Anniversary/dp/0967718937/ref=sr_1_1?s=books&ie=UTF8&qid=1413919765&sr=1-1&keywords=i%27m+not+sick+i+don%27t+need+help

When Madness Comes Home Living in the Shadow of a Loved One's Serious Mental Illness

Rabbi Margaret Moers Wenig and Dr. Miriam Frank, PhD

Series Editor: Rabbi Nancy Flam

<http://www.jewishlights.com/page/product/JL22>

Recognizing a Loved One's Addiction, and Providing Help

Dr. Abraham J. Twerski

Series Editor: Rabbi Nancy Flam

<http://www.jewishlights.com/page/product/JL28>

Judaism and Mental Illness

<http://coffeeshoprabbi.com/2013/10/11/mentalillness/>

Behind the Wall: Parents' Blog

<http://behindthewallstories.wordpress.com/>

John Forbes Nash (A Brilliant Madness)

<https://www.youtube.com/watch?v=chXlfhJ36lw>

PBS Documentary on John Nash, Jr. Provides Facts On Which
A Beautiful Mind Was Based
<http://www.nami.org/>

A Beautiful Mind – the film
[http://en.wikipedia.org/wiki/A_Beautiful_Mind_\(film\)](http://en.wikipedia.org/wiki/A_Beautiful_Mind_(film))

Finding the Help You Need
Psychotherapy, Pastoral Counseling, & the Promise of Spiritual Direction
Rabbi Howard Avruhm Addison
Series Editor: Rabbi Nancy Flam
<http://www.jewishlights.com/page/product/JL29>

Caring for Yourself When You Are Caring for Someone Who Is Ill
<http://www.jewishlights.com/page/product/JL5>

Imagery in Healing - Shamanism and Modern Medicine -- Jeanne Achterberg

The Healing Wisdom of Africa - Finding Life Purpose Through Nature, Ritual and Community -
Malidoma Patrice Some (author of Water and the Spirit)

"The Torah of Despair" Elliot Kukla, in The Reform Jewish Quarterly, CCAR Journal, Summer 2012

"Beyond Membership to True Belonging: Jewish Responses to an Unchanging Need for Deep Attachment and Meaning in an Ever-Changing World," Rabbi Edythe Mencher in The Reform Jewish Quarterly, CCAR Journal, Summer 2012

Healing Beyond the Body: Medicine and the Infinite Reach of the Mind
Larry Dossey, M.D.

Coping with Depression, Siang-Yang Tan/John Ortberg

Crossing the Narrow Bridge: A Practical Guide to Rebbe Nachman's Teachings - Chaim Kramer
edited by Moshe Mykoff

Mishkan R'Fuah - Where Healing Resides - Central Conference of American Rabbis
Editor - Rabbi Eric Weiss
Consulting Editor - Rabbi Shir Stern, D. Min., BCC

The Mitzvah of Caring: Creating a Caring Community in your Sisterhood and Congregation -
Women of Reform Judaism
Developed for the 35th Biennial of WRJ District #3, October 1998

Holiday Study Guide, A resource for Group Discussion, Family Learning and Individual Study by
Rabbi Lenore Bohm, Women of Reform Judaism, 1995

The Mitzvah of Healing: An Anthology of Essays, Jewish Texts, Personal Stories, Meditations,
and Rituals, Edited by Hara E. Person, Preface by Debbie Friedman

The Mark of Shame: Stigma of Mental Illness and an Agenda for Change