

EAP And Mental Health Resources

Resource	Information	Languages Available	Location
Kaiser Permanente	<p>For Kaiser and Anthem members, you don't need a referral for mental health and addiction health services. Just Call and make an appointment or get information about the resources available 24/7.</p> <p>Kaiser Permanente Resources Kp.org Mental Health Services Kp.org Mental Health Wellness Resources</p> <p>San Jose</p> <ul style="list-style-type: none"> • Adult Psychiatry: 408-972-3095 • Child/Adolescent: 408-360-2300 <p>Santa Clara</p> <ul style="list-style-type: none"> • Adult Psychiatry: 408-366-4400 • Child/Adolescent Psychiatry: 408-366-4450 <p>Kaiser Member Services: 1-800-464-4000</p>		
Anthem	<p>For Kaiser and Anthem members, you don't need a referral for mental health and addiction health services. Just Call and make an appointment or get information about the resources available 24/7.</p> <p>Anthem Resources</p> <ul style="list-style-type: none"> • Behavioral Health: • Phone: 1-844-784-8409 7 am – 11 pm • On-line: Live Health Online • Learn to Live Sydney Health app (Go to My Health dashboard, choose programs, and select mental well-being resources) • (844) 963-0448 (PPO Plans) 		

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	<ul style="list-style-type: none"> • (833) 913-2245 (HMO Plans) • (844) 860-3535 (HSA Compatible Plan) 		
City of San Jose Employee Assistance Program	<ul style="list-style-type: none"> - Available to all benefited employees and administered by Concern - Call (800) 344-4222 or visit: https://login.concernhealth.com - The first eight (8) visits* per person, per problem type, per year are free 	<ul style="list-style-type: none"> - English 	<ul style="list-style-type: none"> - Available online and phone
Asian AmeriTrauma-informed Involvement	<ul style="list-style-type: none"> - AACI provides services regardless of a person’s ability to pay, with insurance or without insurance - Specialty: Trauma informed care and multi-lingual services - Health Clinic and wellness programs on-site 	<ul style="list-style-type: none"> - English - Spanish - Mandarin - Cantonese - Vietnamese - Khmer - Tagalog - Ilocano - Punjabi - Korean - Hindi - Farsi 	<ul style="list-style-type: none"> - West San Jose: 2400 Moorpark Ave, Suite 300 San Jose, CA 95128 - East San Jose: 749 Story Road San Jose, CA 95122

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		<ul style="list-style-type: none"> - And many more! 	
Bill Wilson Center	<ul style="list-style-type: none"> - Specialty: Trauma Informed Care, multi-cultural and multilingual care, and LGBTQ focused 	<ul style="list-style-type: none"> - English - Spanish - Vietnamese - Tagalog - Japanese - Farsi 	<ul style="list-style-type: none"> - 2 Locations in San Jose: The Alameda and 2nd street
Gardner Health Center	<ul style="list-style-type: none"> - Specialty: Trauma-informed care and multi-lingual and multi-cultural services - Gardner Health provides care to documented/undocumented and regardless of the person's ability to pay, with insurance or without insurance 	<ul style="list-style-type: none"> - English - Spanish - Vietnamese - Cambodian - Tagalog - Korean 	<ul style="list-style-type: none"> - 6 Clinic Locations in San Jose, Gilroy, and Alviso
Indian Health Center	<ul style="list-style-type: none"> - Specialty: Multicultural, multilingual services, Naïve American Traditional Services, healing ceremonies, trauma-informed care traditional Native medicine - Provides services regardless of a person's ability to pay, with insurance or without insurance 	<ul style="list-style-type: none"> - English - Spanish - Yurok 	<ul style="list-style-type: none"> - 602 E. Santa Clara Street, Suite 200 San Jose, CA 95112

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Mekong Community Center	<ul style="list-style-type: none"> - Specialty: Trauma-informed Care, Vietnamese - Provides services regardless of a person’s ability to pay, with insurance or without insurance 	<ul style="list-style-type: none"> - English - Vietnamese 	<ul style="list-style-type: none"> - 2203 Tully Road San Jose, CA 95112
Roots Community Health Center	<ul style="list-style-type: none"> - Specialty: Black/African Ancestry-Focused Care - Provides services regardless of a person’s ability to pay, with insurance or without insurance 	<ul style="list-style-type: none"> - English 	<ul style="list-style-type: none"> - Several locations throughout the East Bay: Oakland, Alameda. Berkeley - South Bay clinic: The Alameda San Jose
Ujima Adult & Family Services	<ul style="list-style-type: none"> - Specialty: Trauma-Informed care and Black/African-Ancestry Focused Services - Provides services regardless of a person’s ability to pay, with insurance or without insurance 	<ul style="list-style-type: none"> - English - Amharic - Tigrigna - Somali - Luganda 	<ul style="list-style-type: none"> 1898 The Alameda, San Jose, CA 95126
988	<ul style="list-style-type: none"> - Suicide and Crisis Lifeline - 24/7 free and confidential support for people in distress, prevention, and crisis resources. 	<ul style="list-style-type: none"> - English - Spanish - Global Support 	<ul style="list-style-type: none"> - Call - Chat - Text 988