



MENTAL HEALTH CRISIS

Resources & Donation Information

Pillar of Hope Fund

Funding counseling & support for Catholic schools

The Pillar of Hope Fund supports counseling and intervention services for low-income students attending Catholic schools in Santa Clara County. The goal is that once children have access to Catholic education, these services can help them thrive and provide a foundation for success in high school and beyond. Catholic schools provide strong, God-centered support for students struggling with a number of issues, and, with this fund's support, schools can complement that with consistent counseling services.

*This fund is managed by the
Catholic Community Foundation*

Donate: catholiccf.org/pillar-of-hope

CASSY – Counseling & Support Services for Youth

Services for students, parents & schools

CASSY partners with schools to provide professional mental health services to students in their academic setting. With CASSY, there are no cost, transportation, or insurance barriers to prevent students from getting the help they need. They provide services such as on-campus individual, family and group counseling sessions, crisis intervention and treatment, proactive mental health education, school staff training, and more.

Services: cassybayarea.org/mental-health-services

Donate: cassybayarea.org/give-to-cassy

Momentum for Health

Services for youth & adults

As one of the largest behavioral health providers in Santa Clara County, Momentum for Health serves youth and adults in our community who are living with serious mental health or substance use conditions. They offer complete, personalized care to meet our clients' unique needs including behavioral health services for youth, outpatient care, addiction treatment services, employment services, supported housing, community programs, and more.

Services: momentumforhealth.org/services

Donate: momentumforhealth.org/get-involved/donate



Catholic Charities of Santa Clara County

Services for youth & adults

Catholic Charities of Santa Clara County is the social service and social justice ministry of the Catholic Church in the Diocese of San Jose. They provide various health services for our community, including mental health group counseling, behavioral health services for children and youth, community-based outreach, and more.

Services: ccscc.org/health

Donate: ccscc.org/donate

Diocesan Mental Health Information and Events

Dial 988 – for Mental Health resources in your area.

Suicide Hotline 855-278-4204.

NAMI Warmline (multilingual): 408-453-0400 Mon-Fri 10am to 6pm.

When a Loved One Dies by Suicide - series intended to bring the message of the book "How to discern God's Will for your Life". Resource from Deacon Ed Shoener, founder of the Association of Catholic Mental Health Ministers – for article, free eBook, and more click CRUX: Ministry helps families of suicide victims.

Parish Mental Health Listening Sessions

Santa Teresa Parish – *Hear & Be Heard* – Every first Sunday of the month at 1:00pm. Age 16 & up are welcome. More information contact Lynda.demanti@dsj.org

Saint Simon Parish – *Monthly Hope & Healing Wellness Circle* – every third Monday of the month from 7:00pm – 8:15pm. More information contact roselue@gmail.com