

APPENDIX: MENTAL HEALTH AND OTHER COMMUNITY RESOURCES

This appendix provides a list of mental health and other community resources that North County MCRT and TRUST providers can refer individuals to. Links to where resources are kept more current are also provided.

Mental Health

Link: www.mountainview.gov/depts/cs/rec/youthandteens/teens/theviewteencenter/mental_health_resources.asp

Resource	Service(s)
allcove	A stabilization center for young people with mild to moderate needs looking for support.
Bill Wilson Center Contact Cares 24/7 Hotline	Provides supportive listening, counseling, crisis intervention, and referrals to callers.
Bay Area Clinical Associates	Outpatient programs for youth and families.
Children's Health Council	Work with families living with ADHD, learning differences, anxiety, depression, and autism through schools, a mental health clinic, community education, and a curated online resource library.
Community Health Awareness Council	Therapy and counseling services for youth and families.
El Camino Hospital	Substance use treatment services, inpatient and outpatient psychiatric care, and after-school programs for children, teens, and young adults with anxiety, depression, or other symptoms related to a mental health condition.
Palo Alto Therapy	Therapy for children, youth, and adults.
Palo Alto University Gronkowski Center	Sliding-scale mental health services.
Process Therapy Institute	Counseling and therapy for all ages.
Santa Clara County Behavioral Health Services	Range of services for children, young adults, adults, and older adults.
Starlight Community Services Santa Clara County	Programs for children, adolescents, and transitional-age youth (TAY) who face emotional, behavioral, and learning challenges and have difficulty succeeding in family or community living environments.
Sutter Health Scout	A digital experience that delivers evidence-based tips, tools, and activities to help teens and young adults manage their everyday mental health.

Food Assistance

Link: www.mountainview.gov/depts/manager/communityinfo/mvcommunityresources/default.asp#food

Resource	Service(s)
Community Services Agency	On-site food pantry.
Hope's Corner	Free to-go breakfast and bagged lunch.
Saint Athanasius Church	Free drive-through food distribution.
Second Harvest of Silicon Valley	Free grocery distribution.
STAND4	Free grocery distribution.

Housing and Rent Assistance

Link: www.mountainview.gov/depts/manager/communityinfo/mvcommunityresources/default.asp#housing

Resource	Service(s)
City of Mountain View Housing and Eviction Help Center	<p>The Housing and Eviction Help Center provides community members with the following wraparound support services:</p> <ul style="list-style-type: none">• <u>Housing Programs</u>: Learn about rent stabilization, apply for affordable housing, and connect with rental assistance programs/check your COVID-19 rent relief status.• <u>Eviction Questions</u>: Review of eviction notices and process to help landlords and tenants understand what is happening and potential outcomes.• <u>Legal Resources</u>: Connect to legal resources and assistance• <u>Support Services</u>: Get information on food distribution, financial assistance, mediation, homelessness prevention resources, and more.
Direct Financial Assistance	Community Services Agency offers financial assistance for rent and/or PG&E bills and provides vouchers to meet some other basic necessities of life, such as work clothing and transportation.
Project Sentinel	Assist individuals with housing problems, such as discrimination, mortgage foreclosure and delinquency, rental issues, including repairs, deposits, privacy, dispute resolution, home buyer education, postpurchase education, and reverse mortgages.
Rent Stabilization and Eviction Protections in Mountain View	City of Mountain View Rent Stabilization Program.
Sacred Heart Community Service	<p>Provide low-income Santa Clara County residents with:</p> <ul style="list-style-type: none">• Past-due rent.• Emergency security deposit.• Mortgage.• Other financial assistance tied to housing stability.

Resources for Living in Vehicle and Homeless

Link: www.mountainview.gov/depts/comdev/preservation/living_in_vehicles_and_homeless_information.asp