



心理健康的涵義是個人對於自己有良好的感受，懂得欣賞自己，並與人有融洽愉快的關係。聖他克拉縣的精神科部門對成人、耆英、兒童及家庭，包括嚴重的精神病者，都有提供服務並執行各項護理計劃。以下是普通對心理及精神科服務的一些疑問：-



什麼是心理健康？

我們需要關注心理的健康，正如關注我們的身體健康一樣，才能過一個健康而富生產力的生命。良好及健康心理的指標包括：

- 能夠適應改變，處之泰然，
- 能夠面對現實，接受事實的情況，並以積極的態度去處理，
- 能夠發展並且維持滿意的人際關係。

什麼是精神壓力？

壓力是正常生活的一部份。然而，若我們承擔太多壓力，就會影響我們的工作和家庭，出現問題。精神壓力的成因包括：

- 難民經驗，
- 語言障礙，

- 文化衝突，
- 代溝隔膜，
- 婚姻或家庭問題，思鄉，
- 孤單，
- 貧窮，
- 失業，及
- 轉換職業等。

精神壓力的徵狀包括厭食（無胃口）及失眠，容易疲倦，注意力不能集中，容易發怒、猜疑，身體不適但沒有器官的毛病，感覺無助，沒有盼望，焦慮，幻覺及假象，吸毒及酗酒，並可能有自殺或殺人的意念。

聖他克拉縣提供那些心理健康護理服務？

多類型的計劃從門診到住院護理都有，其中 The Call Center（電話中心）提供有限度的析別及轉介服務，那是一個中央資料中心提供每星期七天的廿四小時服務，該中心並有義工接聽自殺及危機熱線，免費專線號碼為 1-800-704-0900，有越南、英語及西班牙語服務。

聖他克拉縣提供
各項計劃、服務及支持
為要幫助你和你家人得到
身體及心靈的健康

除此以外，還有臨床的收納評估，精神病分析，心理治療，個案管理，個人及



詳情查詢：請電移民服務、權益及教育網絡之移民詢問熱線。

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組別輔導，婚姻及家庭輔導，兒童及青少年輔導，藥物指導，危機介預，精神健康顧問，心理健康教育，老人服務，轉介服務，精神病院等服務。

有那些心理健康服務是特為青少年而提供的？

這項特別為有嚴重心理困擾的兒童及青少年提供的服務，是經由縣政府及合約計劃而提供的全面性服務，包括流動的危機處理中心，門診，複診，住院，深切家居護理及其他綜合性的服務。

如何繳付精神健康服務？

服務費用是按照收入（能力支付）而計算。也接受使用 Medi-Cal 及 Medi-care。



ACCESS CRISIS LINE

電：1-800-704-0900

語言：西班牙語、越南語、其他
服務：危機服務

ACCESS Program

2221 Enborg Ln, San Jose 95128
電：(408) 299-5800

服務：察別及轉介、有限度之精神科評估，危機介予（不需預約），連接有需要接受精神健康服務的成人和年長市民得著適當的護理（不需顧慮付費能力），轉介及提供有關社區精神健康服務的資訊、與其他縣內的社會服務。

Achieve

3860 Middlefield T2, Palo Alto 94303
電：(650) 329-2375

服務：Child abuse reports, AID, Disabilities, Discrimination, Domestic violence, Homeless shelter, Poison control, Rape, Youth suicide, Teen stress, Alcohol Drug rehabilitation, Child care.

ACT for Mental Health, Inc.

441 Park Avenue, San Jose, CA 95110
電：(408) 287-2640

語言：French

服務：Homeless services, counseling, pre-work skills training, Fireside Friendship Club, Community Thrift Shop.

AIDS Resources, Information and Services of Santa Clara County (ARIS)

網址：www.aris.org

語言：Spanish

服務：Nutritional and housing services, HIV-risk reduction education, low-cost rental housing for people with disabling HIV/AIDS who are homeless or at risk of becoming homeless, one-to-one companionship, advocacy, grief counseling, peer

support group meetings for people with AIDS/HIV positive and their family members and friends, support groups (for women with HIV and AIDS, young adults (age 16-25) with HIV, parents of people with HIV, people with AIDS and those who are HIV positive, and people close to those with HIV), meal preparation and nutritional supplements and monthly food baskets for people with HIV and AIDS, and educational presentations on AIDS transmission, living with AIDS and risk reduction.

Adult and Child Guidance

950 W. Julian Street, San Jose, CA 95126
電：(408) 292-9353

語言：Spanish, Vietnamese, Cambodian, and American Sign Language



壓力及心理健康護理

服務：Affordable counseling, therapy and other support services including prevention and treatment of child abuse, Attention Deficit Disorder Clinic, HIV/AIDS counseling, and gay/lesbian/bisexual therapy.

Alliance for Community Care (社區護理聯盟)

聖荷西#1: 438 N. White Rd., San Jose 95127

行政：(408) 254-6828

診所服務：(408) 261-7777

文字社：(408) 998-3293

門診服務：Outpatient Services: (408) 938-6789

聖荷西#2: 2001 The Alameda, San Jose, CA 95126

電：(408) 261-7777

Palo Alto: 206 California Avenue, Palo Alto, CA 94306

電：(650) 617-8340

語言：Spanish, Farsi, Cambodian, Vietnamese, Polish, Hindi, French, Tagalog, 國語、Russian, Italian, and American Sign.

服務：Adult and senior services (mental health and case management, psychiatric assessment, evaluation of individual's wants, need and resources, prescribing and monitoring psychiatric medications, referral and individual and his/her family, assistance with tasks of daily living as needed, crisis intervention, and peer counseling), special outreach services to homeless mentally ill, La Selva (24 hour residential care and services to people with psychiatric illness as an alternative to or following an acute hospital stay), rehabilitative day treatment, semi-supervised housing for people who do not need a 24 hour staffed setting, permanent housing in the community for adults with psychiatric disabilities, peer support and referral.

Alzheimers Association

330 Distel Circle, Suite A, Los Altos, CA 94022

電：(650) 962-8111

網址：www.alzsf.org

語言：all through AT&T interpreter services

服務：Direct assistance and support to patients, families, and caregivers; information and education for health care professionals and the public; advocacy for needed legislation and public policy at local, state, and federal levels; support for research focused on the cause, treatment, and prevention of Alzheimer's disease and related disorders.

Asian Americans for Community Involvement

美亞社區協進會

2400 Moorpark Avenue, Suite 300, San Jose, CA 95128

電：(408) 975-2730

語言：粵語、國語、台灣語、越南語、Lao Mien, Tagalog, Ilocano, Spanish, Thai, Vietnamese, Japanese, Korean, Lao

服務：精神健康門診、青少年暴力/吸毒防預及治療、醉酒駕駛者計劃、職業訓練、家庭暴力庇護所、耆英個案管理及營養餐、難民計劃、家庭暴力/受虐兒童之預防及治理、青少年就職服務、黨邦介予。設有東聖荷西站。

Bascom Mental Health Center

650 S. Bascom Ave., San Jose, CA 95128

電：(408) 299-6262 or (408) 971-6932

語言：越南語、西班牙語、中國語、Tagalog, Portuguese, and Cambodian.

服務：家庭和兒童精神健康門診診所、評估、緊急診斷、個人及家庭治療法、藥物評估及支持服務、由Juvenile Probation Department, Family Preservation Services, Acute Psychiatric Hospitals, Child Welfare Services及區內醫生、社區診所轉介之個案、同時也在十六所學校和兩所社區中心設有服務站(聖荷西東部、中部、Sunnyvale)

Catholic Charities of Santa Clara County

2625 Zanker Road, Suite 200, San Jose, CA 95134

電：(408) 468-0100 Fax: (408) 944-0275

E-mail: HR@CCSJ.ORG

網址：CCSJ.ORG



詳情查詢：請電移民服務、權益及教育網絡之移民詢問熱線。

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語言：Spanish, Vietnamese

服務：Mental health and substance abuse services in a dual diagnosis context.

Family therapy for juvenile probation clients. Individual and group outpatient preparation and job placement for adults with serious mental illness. Vocational preparation and job placement for adults with serious mental illness.

Central Mental Health Clinic

2221 Enborg Lane, San Jose, CA 95128

電：(408) 267-6220

語言：國語、粵語、Bosnian, Russian, Farsi, Korean, and Spanish.

服務：成人門診精神健康診所（十八歲以上）、危機介入、個案管理、精神健康支持輔導及藥物管理

Chamberlain's Mental Health Services

8352 Church Street, Suite A, Gilroy, CA 95020

電：(408) 848-6511

語言：Spanish and Portuguese

服務：Transportation provided by the agency if needed. Day treatment for severely and emotionally disturbed children, outpatient and medication clinic and services, school-based support mental health services, family strengthening and community outreach services, and victim witness treatment. Programs include: Dads Embracing Fatherhood (DADS), Families and Schools Together (FAST), and Youth Exploring Solutions (YES), a program of early intervention for families of children identified as potential juvenile offenders.

Children's Shelter Mental Health Clinic

4525 Union Avenue, San Jose, CA 95124

電：(408) 558-5460

語言：Spanish, Cambodian and Vietnamese

服務：Multi-disciplinary and culturally sensitive mental health assessment and treatment services to Children's Shelter and Emergency Satellite Foster Home child-residents, and their families. Treatment services, crisis intervention, brief treatment, individual, group and family therapy, psychotropic medication evaluation and treatment, consultation, referrals and follow-up.

Community Association for Rehabilitation (CAR)

525 East Charleston Road, Palo Alto CA 94306-4247

電：(650) 494-0550

網址：www.C-A-R.org

語言：American Sign Language and Spanish

服務：Information and referral for the disabled, advocacy, education on developmental and other disabilities, Infant Program for developmentally delayed infants, occupational and speech therapy, parent counseling and family support groups, individual swimming lessons to pupils with physical, mental, learning and emotional disabilities, pool for pre-natal swim classes, in-home respite service for children and adults with developmental disabilities, After-School Recreation Program for young people with special needs, assistance with developmental disabilities, instruction for daily living, ongoing support to make employment relationship a success for employee and employer, work skills, and socialization and behavior management for developmentally disabled adults.

Community Solutions, Family & Children Mental Health

15850 Concord Circle, Suite B, Morgan Hill, CA 95037

電：(408) 779-2113

語言：Spanish



服務：Family and Children's Mental Health Services Program provides counseling for children, adolescents and families; outpatient services for individual, family and group mental health; case management; and medication support services.

Community Solutions

Gilroy: 8475 Forest Street, Gilroy CA, 95020

電：(408) 842-7138

語言：Spanish

服務：La Casa del Puente is a bilingual/bicultural transitional residential program designed to meet emotional, social, educational and vocational needs of people facing significant mental health problems rendering them unable to live independently. The System of Care Program provides intensive outpatient individual, group and family mental health services, plus case management and medication support.

Crisis Line for the Handicapped

2444 Moorpark Avenue, Suite 304, San Jose, CA 95154

電：(408) 296-2474

語言：Spanish

服務：Volunteer counseling and support for physically disabled and their families plus information and referral concerning handicapped organizations and facilities in California and Nevada.

Downtown Mental Health Center

1075 East Santa Clara Street, San Jose, CA, 95116

電：(408) 299-6175

服務：Mental health services, case management services, crisis intervention, medication. Work with clients suffering from serious mental illnesses who exhibit severe problems in normal daily functioning. Assist individuals within the context of a mutual partnership effort to achieve higher levels of functioning. Develop community and/or family

support systems. Encourage individuals to work or to return to work whenever possible.

Early Start Program

California Department of Developmental Services

電：(800) 515-2229

服務：Early intervention services to help infants and toddlers with special health and developmental needs learn and grow. Coordinates services to meet the developmental needs of the child within the context of the family. Provides assistive technology devices and services, audiology services, family training, counseling and home visits, medical services for diagnostic or evaluative purposes, nursing, nutrition counseling, occupational therapy, physical therapy, psychological services, respite, case management, social work services, special instruction, speech-language pathology, vision services, and transportation.

Eastfield Ming Quong

251 Llowellyn Ave., San Jose, CA 95008

232 East Gish Rd., San Jose, CA 95112

接待處：(408) 379-3790

客戶服務：(408) 379-3796

網址：www.emq.org

語言：中國語言

服務：提供早期介入和治療受精神或心理困擾影響的兒童、青少年和家庭、住院及危機介入、短期深切日間治理、深切門診治理、輔導受性侵犯之兒童、家庭撫養機構

Eastern European Services Agency (EESA)

2400 Moorpark Ave. #200, San Jose, CA 95128

電：(408) 297-7348

語言：Bosnian, Croatian, Serbian and Albanian.



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壓力及心理健康護理

服務：Outpatient mental health, senior case management, ESL classes.

East Valley Mental Health Center

1991 McKee Road, San Jose, CA 95116
電：(408) 926-2900

語言：Tagalog, Ilocano and Spanish

服務：Mental health services for emotionally troubled children, adolescents, and families from varying cultures and socio-economic groups. Outpatient counseling, in-home treatment, residential treatment, short term intensive day treatment, school-based day-treatment crisis intervention, wrap-around services and chemical dependency programs. Services are targeted to three specific ethnic groups: African American, Filipino, and Latino.

El Camino Hospital

2500 Grant Road, Mountain View, CA 94040-7025
電：(650) 940-7000

語言：傳譯服務

服務：心理治療服務、社區健康教育班及支持小組

Elmwood Mental Health

701 South Abel Street, Milpitas, CA 95035
電：(408) 957-5360

服務：Inpatient and outpatient mental health services in the Santa Clara County Department of Correction at Elmwood Jail.

Enborg Lane Pharmacy, Mental Health Department

2221 Enborg Lane, San Jose, CA 95128
電：(408) 885-2300

服務：Provides patient education programs at Barbara Arons Pavilion and Crestwood Manor. Dispenses medications, counsels patients, and monitors medication as required by the County Mental Health Department. Produces a newsletter and provides continuing education programs for the Mental Health staff.

Fair Oaks Mental Health Center

660 South Fair Oaks Avenue, Sunnyvale, CA 94086
電：(408) 733-2760

語言：Spanish

服務：Outpatient services to children, adolescents and their families, as well as to seriously mentally ill adults and young adults; individual, group, collateral, family therapy and medication evaluation and support; referrals from school districts; mental health case management, crisis intervention, and medication support to assist consumers to achieve stability and a high level of functioning.

Family Service Mid-Peninsula

375 Cambridge Avenue, Palo Alto, CA 94306
電：(650) 326-6576
網址：www.fsmp.org

語言：Spanish

服務：Counseling for individuals and groups, including single parents. Helps ex-partners resolve emotional impasses so that they can reach agreement regarding child custody issues and begin a co-parent relationship. Violence prevention, intervention and treatment program for children, adolescents, and adults. School-based services for students and their families. TeenLine (650) 327-TEEN or (408) 993-TEEN and Parental Stress Hotline (650) 327-3333 or (408) 993-8336.

Gardner Family Care

15850 Concord Circle, Suite B, Morgan Hill, CA 95037
電：(408) 779-2113



服務：Family services for seriously mentally ill adults, older adults, and individuals with addictions. Assistance for domestic violence and sexual assault survivors and young teenage parents. Tutoring, homework assistance, crafts, recreation, community service projects and a youth leadership program.

Gardner Family Care Corp., Inc.

160 East Virginia Street, Suite 280, San Jose, CA 95112

電：(408) 977-1591

語言：Spanish and Vietnamese

服務：Prenatal substance abuse program, drug and alcohol prevention/treatment, domestic violence counseling, and WIC (Women, Infant, and Children) nutrition program. Medical/social assessments, case management, counseling, education, follow-up, and senior program.

Good Samaritan Charitable Trust, Health Connection

2025 Gateway Place, Suite 205, San Jose, CA 95110

電：(408) 451-1848

語言：國語、越南語、French, German, Japanese, Spanish

服務：病者的護士和社工個案管理、福利輔導、緊急經濟援助、房屋津貼、精神健康輔導、休歇計劃、同伴支持、精神上支持、跑腿及減輕護理者之負擔

Grace Baptist Community

484 San Fernando Ave., San Jose, CA 95112

電：(408) 267-0200 or (408) 723-2754

傳真：(408) 277-2474

服務：Recreation and leisure, socialization and education, opportunities for mental illness and developmental disabilities.

Indian Health Center of Santa Clara Valley, Inc.

1333 Meridian Avenue, San Jose, CA 95125

電：(408) 445-3425

服務：Outpatient mental health and substance abuse treatment services including individual, group, family therapy, case management, psychiatric evaluations, psychosocial assessments and wellness education. A wide variety of individual and group activities are available for Native Americans and their families.

Juvenile Hall Mental Health Clinic

840 Guadalupe Parkway, San Jose, CA 95110

電：(408) 299-3166

服務：On-site intensive outpatient clinic with multi-disciplinary, culturally sensitive mental health services to youth incarcerated in Juvenile Hall which includes assessment, crisis intervention, brief therapy, family intervention, and consultation

Las Plumas Mental Health

1650 Las Plumas Ave, San Jose, CA 95133

電：(408) 729-5382

語言：Spanish

服務：Referral and assessment site for school districts. Outpatient services include individual, group, collateral, and family therapy.

Mekong Community Center

1661 Burdette Drive, Suite C, San Jose, CA 95112

電：(408) 282-0402

語言：越南語、其他東南亞語言



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壓力及心理健康護理

服務：Enables psychiatrically disabled Southeast Asian refugees and immigrants to obtain skills to cope with the tasks of independent living.

Narvaez Mental Health

614 Tully Road, San Jose, CA 95111

電：(408) 299-4734

語言：Spanish and Vietnamese

服務：Individual and group support and counseling for teen parents.

North Valley Mental Health Center

231 Grant Avenue, Palo Alto, CA 94306

電：(650) 321-5545

語言：Spanish

服務：Individual and group counseling, case management, and medication supervision.

Rebekah Children's Service

290 IOOF Ave., Gilroy, CA 95020

電：(408) 846-2100

網址：www.rcs-ioof.org

語言：Spanish and French.

服務：Temporary residential treatment and foster care for abused or seriously disturbed children

South County Mental Health

1215 First St., Gilroy, CA 95020

電：(408) 683-2344

語言：Spanish

服務：Medication, case management, social rehabilitation, and counseling for seriously mentally ill adults

West Valley Mental Health

375 Knowles Drive, Los Gatos, CA 95030

電：(408) 379-7020

服務：Case management, psychotropic medication, rehabilitative services, and specialized services to dually diagnosed population, that is, individuals with concurrent mental illness and substance abuse disorders.

