

# Mental Health Support Groups and Online Resources

Please click links or call available phone numbers for more information.

## Support Groups

### NAMI Tulare County Support Groups

#### [NAMI Connection Recovery Support Group:](#)

Every Wednesday at 3:00 p.m.  
My Voice Media Center  
808 N. Court St., Visalia, CA 93291  
Call for information: (559) 772-0001

#### [NAMI Family Support Groups:](#)

##### **Porterville Location:**

First Thursday of every month at 6:00 p.m.  
Porterville Wellness Center  
333 W. Henderson Ave., Porterville, CA 93257  
Call for information: (559) 280-5258

##### **Visalia Location:**

Second Tuesday of every month at 6:00 p.m.  
St. Pauls' Episcopal Church, Riviera Hall  
120 N. Hall St., Visalia, CA 93291  
Call for information: (559) 627-1306

### Other Local Support Groups

#### [Kings View:](#)

##### **Porterville Wellness Center**

333 W. Henderson Ave., Porterville, CA 39257  
Call for information: (559) 570-5000

##### **Visalia Wellness Center**

1223 S. Lovers Lane, Visalia, CA 39292  
Call for information: (559) 931-1001

#### [My Voice Media Center:](#)

808 N. Court St., Visalia, CA 93291  
Call for information: (559) 772-0001

#### [Suicide Attempt Peer Support Group:](#)

Call for information: (559) 624-7449

#### [Suicide Loss Survivors Support Group:](#)

Call for information: (559) 624-7449

#### [The Source - LGBT+ Center:](#)

208 W. Main St., Ste. B, Visalia, CA 93291  
Call for information: (559) 429-4277

## Online Resources

[NAMI Tulare County:](#) Free mental health supports, education, and resources; local affiliate

[NAMI California:](#) State organization

[NAMI National:](#) National organization

[2-1-1 Tulare County:](#) Community resources, services, and opportunities for when times get tough

[Central California Legal Services:](#) Free legal civil assistance for people with low-income

[Disability Rights California:](#) Protecting and advancing rights of Californians with disabilities

[Each Mind Matters:](#) A California Mental Health Movement

[I'M ALIVE.org:](#) Suicide and crisis chat

[Kaweah Health Mental Health Hospital:](#) Mental illness treatment in Tulare County

[Medi-Cal Rx:](#) Medication Rx help for Californians

[Medi-Cal Managed Care and Mental Health Office of the Ombudsman:](#) Mental health resources and help to resolve problems from a neutral standpoint – for Californians

[Outpost for Hope:](#) For missing persons who are “lost to the street”

[National Suicide Prevention Lifeline](#)

[Take Action for Mental Health:](#) California’s ongoing mental health movement

[Tulare County Mental Health:](#) Mental health services and resources for individuals living in Tulare County

[ULifeline.org:](#) Online resource for college mental health

[VeteransCrisisLine.net:](#) Veterans and Service Members crisis help