

## Mental Health Support Groups

<p><b>Connection Support Group (NAMI Tulare County)</b>          My Voice Media Center          300 E. Oak Avenue, Visalia          Every Tuesday 2:00 pm - 3:15 pm          Contact: (559) 732-6264</p> <p><b>Family Support Group (NAMI Tulare County)</b>  <b>Visalia Location:</b>          St. Pauls' Church, Guild Rm          120 N. Hall, Visalia          First Tuesday of every month at 7:00 pm          Contact: (559) 627-1306</p> <p><b>Porterville Location:</b>          Porterville Wellness Center          333 W. Henderson Ave., Porterville          First Thursday of every month at 6 pm          Contact: (559) 280-5258</p> <p><b>Friendship Club</b>          Community Living Center (CLC)          628 E. Tulare Avenue (In the back, by the parking lot)          Monday, Tuesday, Thursday, and Friday          1:00 pm - 4:00 pm          Contact: (559) 623-0497</p>	<p><b>Suicide Attempt Survivor Peer Support</b>          The Messengers Church          Currently being offered through ZOOM due to COVID-19          Contact: (559) 624-7474</p> <p><b>Suicide Loss Survivors Support Group</b>          The Messengers Church          1436 S. Woodland St., Visalia          Third Thursday of every month at 6:30 pm - 8:00 pm          Contact: (559) 624-7474</p> <p><b>The Source - LGBT+ Center</b>          208 W. Main St., Suite B, Visalia          Tuesday-Friday: 3:00 pm - 6:00 pm          Contact: (559) 429-4277</p> <p><b>Visalia Wellness Center</b>          1223 S. Lovers Lane, Visalia          Monday – Friday: 8:30 am - 5:30 pm          Contact: (559) 931-1001</p>
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## Mental Health Online Resources

<p><b>College Students:</b> <a href="http://www.ulifeline.org">www.ulifeline.org</a>          Counseling Centers and Crisis Lines</p> <p><b>Each Mind Matters:</b> <a href="http://www.eachmindmatters.org">www.eachmindmatters.org</a></p> <p><b>Homeless Resource Guide:</b> For missing persons who are "lost to the street" <a href="http://www.outpostforhope.org">www.outpostforhope.org</a></p> <p><b>I'M ALIVE.org:</b> <a href="http://www.imalive.org">www.imalive.org</a>          Suicide &amp; Crisis Chat</p> <p><b>NAMI Tulare County:</b> <a href="http://www.namitularecounty.org">www.namitularecounty.org</a></p> <p><b>NAMI California:</b> <a href="http://www.namicalifornia.org">www.namicalifornia.org</a></p>	<p><b>NAMI National:</b> <a href="http://www.nami.org">www.nami.org</a></p> <p><b>Obsessive-Compulsive Foundation:</b>  <a href="http://www.ocfoundation.org">www.ocfoundation.org</a></p> <p><b>Rx Help for Californians:</b> <a href="http://www.pparx.org">www.pparx.org</a></p> <p><b>The Stigma Free Campaign: Take the Pledge!</b>  <a href="http://www.nami.org/stigmafree">www.nami.org/stigmafree</a></p> <p><b>Veteran's and Service Members</b>  <b>Crisis Online Chatting:</b>  <a href="http://www.veteranscrisisline.net">www.veteranscrisisline.net</a></p>
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