

Mental Health Support Groups

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

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