

Mental Health Support Groups

<p>NAMI Tulare County Support Groups</p> <p><u>NAMI Connection Recovery Support Group:</u> My Voice Media Center 300 E. Oak Ave., Visalia, CA 93291 Cancelled until further notice Call for information: (559) 967-6168</p> <p><u>NAMI Family Support Group:</u> Visalia Location: St. Pauls' Episcopal Church, Riviera Hall 120 N. Hall St., Visalia, CA 93291 Second Tuesday of every month at 5:45 pm Call for information: (559) 627-1306</p> <p>Porterville Location: Porterville Wellness Center 333 W. Henderson Ave., Porterville, CA 93257 First Thursday of every month at 6:00 pm Call for information: (559) 280-5258</p>	<p>Friendship Club: Community Living Center (CLC) 628 E. Tulare Ave., Visalia, CA 93292 Call for information: (559) 624-7461</p> <p><u>Kingsview:</u> Porterville Wellness Center 333 W. Henderson Ave., Porterville, CA 39257 Call for information: (559) 570-5000</p> <p>Visalia Wellness Center 1223 S. Lovers Lane, Visalia, CA 39292 Call for information: (559) 931-1001</p> <p><u>Suicide Attempt Peer Support Group:</u> Call for information: (559) 623-0995</p> <p><u>Suicide Loss Survivors Support Group:</u> Call for information: (559) 623-0995</p> <p><u>The Source - LGBT+ Center:</u> 208 W. Main St., Ste. B, Visalia, CA 93291 Call for information: (559) 429-4277</p>
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Mental Health Online Resources

<p><u>NAMI Tulare County:</u> Free mental health supports, education, and resources; local affiliate</p> <p><u>NAMI California:</u> State organization</p> <p><u>NAMI National:</u> National organization</p> <hr style="width: 30%; margin-left: 0;"/> <p><u>2-1-1 Tulare County:</u> Community resources, services, and opportunities for when times get tough</p> <p><u>Each Mind Matters:</u> A California Mental Health Movement</p> <p><u>I'M ALIVE.org:</u> Suicide and crisis chat</p>	<p><u>Medi-Cal RX:</u> Medication Rx help for Californians</p> <p><u>Medi-Cal Managed Care and Mental Health Office of the Ombudsman:</u> Mental health resources and help to resolve problems from a neutral standpoint – for Californians</p> <p><u>Outpost for Hope:</u> For missing persons who are “lost to the street”</p> <p><u>Tulare County HHS Mental Health:</u> Mental health services and resources</p> <p><u>ULifeline.org:</u> Counseling Centers and Crisis Lines</p> <p><u>VeteransCrisisLine.net:</u> Veterans and Service Members crisis help</p>
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