

Mental Health Support Groups

<p><u>Connection Support Group</u> (NAMI Tulare County): My Voice Media Center 300 E. Oak Ave., Visalia Call for Information: Office Cell Phone: (559) 967-6168</p> <p><u>Family Support Group</u> (NAMI Tulare County): Visalia Location: St. Pauls' Church, Guild Rm 120 N. Hall St., Visalia Call for Information: Phone: (559) 627-1306</p> <p>Porterville Location: Porterville Wellness Center 333 W. Henderson Ave., Porterville Call for Information: Phone: (559) 280-5258</p>	<p>Friendship Club: Community Living Center (CLC) 628 E. Tulare Ave., Visalia Call for Information: (559) 624-7461</p> <p><u>Kingsview:</u> Porterville Wellness Center 333 W. Henderson Ave., Porterville Call for information: (559) 570-5000</p> <p>Visalia Wellness Center 1223 S. Lovers Lane, Visalia Call for information: (559) 931-1001</p> <p><u>Suicide Attempt Peer Support Group</u> Call for information: (559) 624-7449</p> <p><u>Suicide Loss Survivors Support Group</u> Call for information: (559) 624-7449</p> <p><u>The Source - LGBT+ Center</u> 208 W. Main St., Ste. B, Visalia Call for information: (559) 429-4277</p>
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Mental Health Online Resources

<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>Outpost for Hope:</u> For missing persons who are "lost to the street"</p> <p><u>I'M ALIVE.org:</u> Suicide and crisis chat</p> <p><u>MediCal RX:</u> Medication Rx Help for Californians</p>	<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> <p><u>OCFoundation.org:</u> International Obsessive-Compulsive Disorder (OCD) Foundation</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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