

Why Self Help?

Self Help is a positive avenue for people who want to take control of their daily lives, to learn to cope with mental health challenges and engage in peer support with others who seek recovery and wellness in their life. Self Help efforts take many forms.

At Zephyr, we provide peer support in a safe, comfortable, and fun place. Here you can find a wonderful and caring community of peers who want you to be a part of our community where we give and receive support from one another and enjoy activities in our efforts to gain recovery and wellness.

- ◆ Do you struggle with isolation?
- ◆ Do you want to meet new people and be part of a community who understands the challenges you face?
- ◆ Do you have issues that you'd like to talk about with others who share your experiences? Or, take part in a peer support group?
- ◆ Do you enjoy creative activities, playing games, and trying new things?
- ◆ Do you want recovery and wellness in your life?

Then join us out and see what we have to offer you and/or your loved one!

What you do may seem insignificant, but it's important that you do it.

—Mahatma Gandhi

ZEPHYR



**Central County Self Help Center
(Behind Multi-Service Center)**

Hours of Operation

Monday Closed

Tues. – Fri. 9:00 A.M. – 3:00 P.M.

**Self-Help Centers are
Supported and Sponsored by
Santa Clara County's
Behavioral Health Services Department**

Our Vision

Through peer support, we see people achieve in wellness and recovery, employment, education, housing, and engage in meaningful activities. We see individuals transform their lives, reach for their highest potential, engage in a vibrant social life and enjoy satisfying relationships in the community

Our Mission

To help people navigate multiple systems; link them to resources, provide emotional support, and education. Through these actions, we nurture personal empowerment, wellness and recovery.

ZEPHYR



**Zephyr Self-Help Center
1075 E. Santa Clara St.
San José, CA 95116
1 (408) 792-2140
(Behind Multi-Service Center)**

**Website: www.sccbhsd.org
Consumer & Family Information
Self-Help**



SANTA CLARA COUNTY
Behavioral Health Services

Supporting Wellness and Recovery

Below is a sampling of past and present groups:

◆ **WRAP® Wellness Recovery**

Action Planning® Custom design your own recovery and wellness plan:

- Identify triggers, early warning signs, and when things are breaking down
- Create action plans to keep you well
- Identify supporters
- Learn about crisis planning

◆ **CHECK-IN GROUP**

◆ **COUPON GROUP**

◆ **CREATIVE ARTS**

◆ **MEN'S GROUP**

◆ **EMPLOYMENT SUPPORT**

◆ **BEADING**

◆ **HEALTHY BOUNDARIES**

◆ **LIVING WITH PURPOSE**

◆ **POSITIVE THINKING**

◆ **TAY GROUP FOR TRANSITIONAL AGE YOUTH (18-26 YEAR OLDS)**

◆ **TGIF**

◆ **USTED NO ESTA SOLO**

◆ **WOMEN'S GROUP**

Groups and classes are subject to change, please call ahead.

CONSUMER LEARNING CENTER

(Open Computer Lab)

John Hardy: 1 (408) 792-2150

Zephyr Self-Help Center offers open computer lab hours to connect with the World Wide Web. Computer classes and workshops will be made available in Basic Computers, MS Word, Excel, Web Search & PowerPoint.

CONSUMER RESOURCE DESK

The Consumer Resource Desk is available for free, confidential one-on-one peer support and can provide linkage to resources. Staff can help support you on your journey to wellness and beyond!!

To make an appointment with any of our Mental Health Peer Support Workers, call us at 1 (408) 792-2140.

Se habla Español. Ofrecemos ayuda individual y recursos comunitarios.

Persons engaged with peer support have been shown to have:

- Improvements in feelings of empowerment, self-esteem, and confidence.
- Improvements in self-reported physical and emotional health
- Improvements in satisfaction with services and quality of life
- Improvements in community integration and social interactions
- An increase in stability of employment, education, and training
- Been supported to meet their personal health and wellness goals
- Reductions of alcohol and drug use for persons with co-occurring substance abuse problems
- A Reduced number of hospitalizations