

## Depression Resource List

<p><b><u>Local Support Group</u></b>  <b>Kern Behavioral Recovery Services          CCS HOPE Center</b>          1400 N Norma St Ste 137          Ridgecrest CA 93555.....(760)-446-1597          Depression Support Group          Every Thursday 1:30pm-3:00pm</p> <p><b>Kern Behavioral Recovery Services          Community College Services</b>          2731 Nugget Ave          Lake Isabella, CA 93240.....(760) 379-3412          Lake Isabella Support Group          Meets every Thursday          12:00pm-1:30pm</p> <p><b>Kern Behavioral Recovery Services          CCS Family Learning Center</b>          107 S. Mills Ste. B          Tehachapi, CA.....(661)822-4639</p> <p><b>Kern Behavioral Recovery Services          Consumer Family Learning Center</b>          2001 28<sup>th</sup> Street, South Tower          Bakersfield, CA.....(661) 868-7550          Bakersfield Connection Support          (For family members of those who are suffering          from depression)          6:00pm-7:30pm          2<sup>nd</sup> &amp; 4<sup>th</sup> Tuesday</p> <p><b><u>Other Resources</u></b>   <a href="http://www.postpartum.net">www.postpartum.net</a>   <a href="http://www.postpartumsupport.com">www.postpartumsupport.com</a>   <a href="http://www.depressionafterdelivery.com">www.depressionafterdelivery.com</a></p> <p>Revised 12/2019</p>	<p><b><u>On-Line Support Group</u></b>          National Alliance of Mental Illness Kern County  <a href="http://namikerncounty.org/main/">http://namikerncounty.org/main/</a></p> <p>Emotional online support          crisischat.org          Hours vary-approximately          12 hours daily/ 7 days a week</p> <p>HELPGUIDE.ORG: A Trusted Non-Profit Resource  <a href="http://www.helpguide.org/mental/postpartum_depression.htm">http://www.helpguide.org/mental/postpartum_depression.htm</a></p> <p>Psychology Today: Find a therapist near you specializing in          depression  <a href="http://therapists.psychologytoday.com">http://therapists.psychologytoday.com</a></p> <p>Baby Blues Connection: Helping Moms and Families find          Hope since 1994 from Postpartum Depression          24/7 Message line          (800) 616-3752  <a href="http://www.babybluesconnection.org">http://www.babybluesconnection.org</a></p> <p><b><u>Depression Resource List</u></b>  <b><u>1-800 Hotline</u></b></p> <p>Postpartum Support International          24-Hr Helpline: 1-800-944-4773 (4PPD)          (#1 En Espanol or #2 English)          Text or Call: 503-894-9453          Local: Stacie Bingham          (661)446-4532 Text or Call</p> <p>American Pregnancy Helpline          1-800-712-4357 or          1-866-942-6466</p> <p>National Hopeline Network          1-800-SUICIDE (784-2433)          1-800-HOPE( 4673)</p> <p>Kern County Mental Health Hotline (24 hours)          1-800-991-5272</p>
--	---

## MATERNAL, CHILD AND ADOLESCENT HEALTH PROGRAM

1800 MT. VERNON AVENUE, BAKERSFIELD, CA 93306

(661) 321-3000 / (800) 974-2717