

KERN COUNTY DEPARTMENT OF PUBLIC HEALTH
MATERNAL, CHILD AND ADOLESCENT HEALTH

1800 MT. VERNON AVENUE, BAKERSFIELD, CA 93306
(661) 321-3000 / (800) 974-2717
www.co.kern.ca.us/health

Counseling Resource List

<p><u>Local Support Group</u></p> <p><u>CCS HOPE Center</u> 1400 N. Norma Suite 137 Ridgecrest CA 93555 760-446-1597 Depression Support group (Various Times)</p> <p><u>Bakersfield Behavioral HealthCare Hospital</u> 5201 White Lane Bakersfield, CA (661) 398-1800 Groups Daily-Outpatient & Inpatient based on Need</p> <p><u>Lake Isabella Support Group</u> 12:00pm-1:30pm <u>Community College Services</u> 2731 Nugget Ave Lake Isabella, CA (760) 379-3412 Meets every Tues/Thursday 2-3:30 PM Early Recovery- Wed 10-11:30 3-4:30 PM Women Seeking Safety Thursday 3-4:30 PM Prevent Relapse Tues-Thurs 10-11:30 AM 3-4:30 PM</p> <p><u>Bakersfield Connection Support</u> (For family members of those who are suffering from depression) 6:00pm-7:30pm Consumer Family Learning Center (Mauricio Nicole) 2001 28th street Bakersfield, CA 93301 Main Line.....(661)868-5074 Crisis Line....(800) 991-5271 Transportation....(661) 868-7550 2nd & 4th Tuesday Multiple Actives Support Group Provided</p> <p><u>The Bridge Bible Church</u> (Faith-based care and support for parents and families) 12225 Stockdale Hwy. Bakersfield, CA 93314 Carrie Kunzmann (661) 587-2010 CarrieBeahm@TheBridgeBibleChurch.Com</p>	<p><u>Other Resources</u> www.postpartumsupport.com www.depressionafterdelivery.com</p> <p><u>On-Line Support Group</u> National Alliance of Mental Illness Kern County http://namikerncounty.org/main/ Emotional online support crisischat.org Hours vary-approximately 12 hours daily/ 7 days a week 1-(800) 273-TALK (8255) HELPGUIDE.ORG: A Trusted Non-Profit Resource http://www.helpguide.org/mental/postpartum_depression.htm Psychology Today: Find a therapist near you specializing in depression http://therapists.psychologytoday.com Baby Blues Connection: Helping Moms and Families find Hope since 1994 from Postpartum Depression 24/7 Message line (800) 557-8375 http://www.babybluesconnection.org EMAIL – Info@babybluesconnection.org</p> <p><u>Depression Resource List</u> Hotline Postpartum Support International 1-800-944-4773 American Pregnancy Helpline 1-866-942-6466 National Hopeline Network 1-800- 442-4673 (HOPE) 1-800-991-5272</p> <p><u>Behavioral Health & Recovery Services</u> Crisis 1-(800) 991-5272 Suicide Prevention 1-(800) 237-8255</p>
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