

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

Depression Resource List

<p><u>Local Support Group</u></p> <p>Kern Behavioral Recovery Services CCS HOPE Center 1400 N Norma St Ste 137 Ridgecrest CA 93555.....(760)-446-1597 Depression Support Group Every Thursday 1:30pm-3:00pm</p> <p>Kern Behavioral Recovery Services Community College Services 2731 Nugget Ave Lake Isabella, CA 93240.....(760) 379-3412 Lake Isabella Support Group Meets every Thursday 12:00pm-1:30pm</p> <p>Kern Behavioral Recovery Services CCS Family Learning Center 107 S. Mills Ste. B Tehachapi, CA.....(661)822-4639</p> <p>Kern Behavioral Recovery Services Consumer Family Learning Center 2001 28th 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 2nd & 4th Tuesday</p> <p><u>Other Resources</u></p> <p>www.postpartum.net</p> <p>www.postpartumsupport.com</p> <p>www.depressionafterdelivery.com</p>	<p><u>On-Line Support Group</u></p> <p>National Alliance of Mental Illness Kern County http://namikerncounty.org/main/</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 http://www.helpguide.org/mental/postpartum_depression.htm</p> <p>Psychology Today: Find a therapist near you specializing in depression http://therapists.psychologytoday.com</p> <p>Baby Blues Connection: Helping Moms and Families find Hope since 1994 from Postpartum Depression 24/7 Message line (800) 616-3752 http://www.babybluesconnection.org</p> <p><u>Depression Resource List 1-800 Hotline</u></p> <p>Postpartum Support International 1-800-944-4773 or (631) 422-2255</p> <p>American Pregnancy Helpline 1-866-942-6466</p> <p>National Hopeline Network 1-800-SUICIDE (784-2433)</p> <p>Kern County Mental Health Hotline (24 hours) 1-800-991-5272</p>
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