



**DEPRESSION RESOURCE LIST**

**Local Support Group**

**Kern Behavioral Recovery Services  
CCS HOPE Center**

1400 N Norma St Ste 127-137  
Ridgecrest CA 93555  
PH.....(760)-499-7406  
Depression Support Group  
Every Thursday 1:30pm-3:00pm

**Kern Behavioral Recovery Services  
Community College Services**

2731 Nugget Ave P.O. Box 2632  
Lake Isabella, CA 93240  
PH.....(760) 379-3412  
Lake Isabella Support Group  
Meets every Thursday  
12:00pm-1:30pm

**Kern Behavioral Recovery Services  
CCS Family Learning Center**

107 S. Mills Ste. B  
Tehachapi, CA  
PH.....(661)822-4639

**Kern Behavioral Recovery Services  
Consumer Family Learning Center**

2001 28<sup>th</sup> Street  
Bakersfield, CA 93301  
PH.....(661) 868-7550  
Bakersfield Connection Support  
(For family members of those who are suffering  
from depression)  
6:00pm-7:30pm  
2<sup>nd</sup> & 4<sup>th</sup> Tuesday

**Other Resources**

- [www.postpartum.net](http://www.postpartum.net)
- [www.postpartumsupport.com](http://www.postpartumsupport.com)
- [www.depressionafterdelivery.com](http://www.depressionafterdelivery.com)

**On-Line Support Group**

National Alliance of Mental Illness Kern County  
<http://namikerncounty.org/main/>

Emotional online support. [www.crisischat.org](http://www.crisischat.org)  
Hours vary-approximately  
12 hours daily/ 7 days a week

HELPGUIDE.ORG: A Trusted Non-Profit Resource  
[http://www.helpguide.org/mental/postpartum\\_depression.htm](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) 616-3752  
<http://www.babybluesconnection.org>

**Depression Resource List  
1-800 Hotline**

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

American Pregnancy Helpline  
1-800-712-4357 or  
1-866-942-6466

National Hopeline Network  
1-800-SUICIDE (784-2433)  
1-800-HOPE( 4673)

Kern County Mental Health Hotline (24 hours)  
1-800-991-5272

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