

## DEPRESSION RESOURCE LIST

<p><b><u>Local Support Group</u></b>  <b>Kern Behavioral Health and Recovery Services</b>  <b>Clarvida HOPE Center</b>          1400 N Norma St Ste 137          Ridgecrest CA 93555          PH.....(760) 463-5070</p> <p><b>Kern Behavioral and Health Recovery Services</b>  <b>Clarvida Community College Services</b>          2731 Nugget Ave          Lake Isabella, CA 93240          PH.....(760) 379-3412</p> <p><b>Kern Behavioral and Health Recovery Services</b>  <b>Clarvida Family Learning Center</b>          107 S. Mills Ste. B          Tehachapi, CA          PH.....(661)822-4639</p> <p><b>Kern Behavioral Health and Recovery Services</b>  <b>Clarvida Consumer Family Learning Center</b>          2001 28<sup>th</sup> Street          Bakersfield, CA 93301          PH.....(661) 868-7550          Depression Support Group          Tues 1-2pm &amp; Thursday 2-3pm</p> <p><b><u>Other Resources</u></b></p> <p><a href="http://www.suicidepreventionlifeline.org">www.suicidepreventionlifeline.org</a>  <a href="http://www.womenshealth.gov/TalkingPPD">www.womenshealth.gov/TalkingPPD</a>  <a href="http://www.postpartum.net">www.postpartum.net</a>  <a href="http://www.thecompassionatefriends.org">www.thecompassionatefriends.org</a></p>	<p><b><u>On-Line Support Group</u></b>          National Alliance of Mental Illness Kern County          PH.....(661) 858-3255  <a href="http://namikerncounty.org/main/">http://namikerncounty.org/main/</a></p> <p>Kern County National Alliance on Mental Illness Call for Zoom Link Support Groups          PH.....(661) 247-5426</p> <p>Emotional online support <a href="http://www.crisistextline.org">www.crisistextline.org</a>          Text HOME or HOLA to 741741</p> <p>HELPGUIDE.ORG: A Trusted Non-Profit Resource  <a href="http://www.helpguide.org/mental/postpartum_depression.htm">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 1-800 Hotlines</u></b></p> <p>Mental Health Access Line: 1-800-991-5272          National Suicide Prevention Lifeline:1-800-TALK (8255)          National Suicide Prevention Lifeline Spanish:1-800-799-4889          Suicide &amp; Crisis Lifeline: 988          National Suicide Prevention Text line: 1-800-799-4889</p> <p>National Hopeline Network, Suicide &amp; Crisis Hotline          1-800-SUICIDE (784-2433)          Text HOME to 741741</p> <p>Kern County Mental Health Hotline (24 hours)          1-800-991-5272 or 988</p> <p>Postpartum Support International          24-Hr Helpline: 1-800-944-4773 (4PPD)</p> <p>National Maternal Mental Health Hotline          Call/text: 1-833-TLC-MAMA (1-833-852-6262)</p> <p>American Pregnancy Crisis Helpline          1-866-942-6466</p> <p>Option Line          1-800-712-4357</p> <p style="text-align: right;"><i>Updated 7/2025 ks</i></p>
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