

CRISIS SUPPORT, HELPLINE & WARMLINES

National Suicide Prevention Lifeline

1-800-273-TALK (1-800-273-8255)

1-888-628-9454 (En Español)

1-800-799-4889 (TTY Service for Deaf & Hard of Hearing)

This free, 24-hour hotline is available to anyone in suicidal crisis or emotional distress. By calling, you'll be connected to a skilled, trained counselor at a crisis center in your area.

www.suicidepreventionlifeline.org.

National Hopeline Network

1-800-SUICIDE (1-800-784-2433)

By calling, you'll be connected to a certified crisis center nearest to your calling location.

www.hopeline.com

NAMI National's Helpline

1-800-950-NAMI (1-800-950-6264)

M - F, 10am - 6pm, ET

Email info@nami.org

Provides information on mental health conditions, treatment options, local support groups, services & programs, recovery strategies, and resource referrals. All crisis calls are transferred to a national crisis line or you can text "NAMI" to 741-741.

<https://www.nami.org>

Crisis Text Line

Text HOME to 741-741

A free, confidential, 24/7 support line for those in crisis in the U.S. Within minutes, a live trained crisis counselor will answer your text. It's been instrumental in helping millions of people especially teens.

www.CrisisTextLine.org

Panic Disorder Info Hotline

1-800-64-PANIC (1-800-647-2642)

This is available to those in crisis, as well as those who are just seeking more information about the disorder. For many who experience panic attacks, it can be helpful to speak to someone who understands what they're going through during an attack. The compassionate staff at the panic disorder hotline can provide information about what happens during an attack and provide tips to help get through the attack.

Teen Line

1-800-TLC-TEEN (1-800-852-8336) / 6pm - 10pm PST

Text TEEN to 839863 / 6pm - 9pm PST

A confidential teen-to-teen helpline that uses trained high school volunteers to help teen callers with any kind of problem. Service available in both the USA and Canada.

www.TeenLineOnline.org

CA Youth Crisis Line

1-800-843-5200 (Text/Talk/Chat)

Available 24 hours a day, 7 days a week as the statewide emergency response system for youth (ages 12-24) and families in crisis. It has access to more than 5,500 free or low-cost resources for youth and families across CA.

<https://calyouth.org>

Save a Life Today (SALT)

A non-profit organization that exists to raise funds for suicide prevention and to assist those bereaved by suicide.

<https://saltkc.com/>

The Trevor Project

1-866-488-7386

The only organization providing 24/7 crisis intervention and suicide prevention services to LGBTQ youth (ages 13-24).

www.TheTrevorProject.org

Trans Lifeline

1-877-565-8860 (USA)

1-877-330-6366 (Canada)

A peer support hotline run by and for trans people. Available 7am-1am PST / 9am-3am CST / 10am-4am EST.

<https://www.translifeline.org>

2-1-1

Dial 2-1-1 (Toll-Free)

A free, confidential referral and information service that connects people across the U.S. & in many parts of Canada to a specialist who will help you find the local resources you need.

Available 24 hours / 7 days a week.

<http://www.211.org>

7 Cups Of Tea

An online emotional support service that connects those in need to a trained Active Listener by phone or chat. All connections are private and one-on-one.

www.7cups.com

Peer-Run WarmLine

1-855-845-7415

A non-emergency resource for anyone in California seeking emotional support. Assistance provided via phone and webchat.

<https://www.mentalhealthsf.org/peer-run-warmline/>

NEDA Helpline

National Eating Disorders Association

1-800-931-2237

M - Th, 9am-9pm ET & Fri, 9am-5pm ET

Trained volunteers provide support, resources, and treatment options.

www.nationaleatingdisorders.org

Veterans Crisis Line

1-800-273-8255 and Press 1.

Para español, oprima 2.

1-800-799-4889 (TTY Service for Deaf / Hard of Hearing)

Send a text message to 838255

Connects veterans in crisis, their families & friends with qualified, caring VA responders.

Available 24 hours, 7 days a week, confidential.

<https://www.veteranscrisisline.net>

SAMHSA National Helpline

1-800-662-HELP (1-800-662-4357)

A free, confidential, 24/7, 365 days a year treatment referral and information service in English & Spanish for individuals and families facing mental and/or substance use disorders.

www.samhsa.gov/find-help/national-helpline

Addiction Resource Rehab Helpline

1-888-459-5511

Treatment specialists help you find the best drug and alcohol rehab centers and programs! This is a free, national, 24/7 confidential helpline.

<https://addictionresource.com>

Disaster Distress Helpline

1-800-985-5990

1-800-846-8517 (TTY for Deaf / Hard of Hearing)

Text TALKWITHUS or HABLANOS to 66746

A free, confidential, 24/7 helpline and text service that provides crisis counseling and support to people experiencing emotional distress (stress, anxiety, depression-like symptoms) related to natural or human-caused disasters. This service is available to all residents in the U.S. and its territories.

www.disasterdistress.samhsa.gov

National Domestic Violence Hotline

1-800-799-SAFE (1-800-799-7233)

1-800-787-3224 (TTY)

A free and confidential hotline that's available 24 hours a day, 7 days a week and provides lifesaving tools & immediate support to enable victims to find safety and live lives free of abuse. Callers can expect highly trained, experienced advocates to offer compassionate support, crisis intervention information and referral services in more than 200 languages.

<https://www.thehotline.org>

National Sexual Assault Hotline

1-800-656-HOPE (1-800-656-4673)

A free and confidential hotline that's available 24 hours a day, 7 days a week. Connects you with a trained support specialist from a sexual assault service provider in your area that can provide you with support, information, advice, resources, referrals, and a ranges of free services. Online chat is also available.

<https://www.rainn.org>

ORGANIZATIONS & CAMPAIGNS

NAMI (National Alliance on Mental Illness)

The nation's largest grassroots mental health organization dedicated to educating, advocating, supporting, and building better lives for the millions of individuals & families affected by mental illness.

www.nami.org

NAMI California

A grassroots organization of families and individuals whose lives have been affected by serious mental illness. They advocate for lives of quality & respect, without discrimination & stigma, for all our constituents and provide leadership in advocacy, legislation, policy development, education and support throughout California

<https://namica.org>

NAMI Kern County

Dedicated to providing education, support and advocacy for individuals and family members living with a mental illness. 661-858-3255

www.namikerncounty.org

Kern Behavioral Health & Recovery Services

Their mission is to work together to achieve hope, healing and meaningful life in the community.

www.kernbhhs.org

Disability Rights California (DRC)

Advocates, educates, investigates, and litigates to advance and protect the rights of Californians with disabilities.

www.disabilityrightsca.org

OK2TALK

This campaign creates a community for teens and young adults struggling with mental health problems and encourages them to talk about what they're experiencing by sharing their personal stories of recovery, tragedy, struggle or hope.

<http://ok2talk.org>

Each Mind Matters

California's mental health movement with hundreds of organizations and millions of individuals working together.

www.eachmindmatters.org

Mental Health America (MHA)

Founded in 1909, it's the nation's leading community-based nonprofit dedicated to addressing the needs of those living with mental illness and to promoting the overall mental health of all Americans.

www.mentalhealthamerica.net

Know The Signs

A statewide suicide prevention social marketing campaign built on three key messages: Know the signs. Find the words. Reach out.

www.suicideispreventable.org

Project Return Peer Support Network

A non-profit peer run organization that promotes wellness, personal growth and self-determination for people who have experienced mental illness by providing social opportunities, education, and community involvement.

www.prpsn.org

Substance Abuse and Mental Health Services Administration (SAMHSA)

It is their mission to reduce the impact of substance abuse and mental illness on America's communities.

www.samhsa.gov

Painted Brain

Uses media and the arts to bridge community barriers and change the discussion about mental illness.

www.paintedbrain.org

This Is My Brave, Inc.

Their mission is to end the stigma surrounding mental health issues by sharing personal stories of individuals living successful, full lives despite mental illness through poetry, essay and original music, on stage in front of a live audience, through stories submitted and published to their blog & YouTube channel.

<https://thisismybrave.org>

Schizophrenia and Related Disorders Alliance of America (SARDA)

1-800-493-2094

Dedicated to improving the lives of people with schizophrenia and related disorders and promoting hope & recovery through support programs, education, collaboration, and advocacy.

<https://sardaa.org>

**National Education Alliance for
Borderline Personality Disorder**

Works with families and persons in recovery, raises public awareness, provides education to professionals, promotes research, and works with Congress to enhance the quality of life for those affected by Borderline Personality Disorder.

<https://www.borderlinepersonalitydisorder.org>

Peace of Mind Foundation

A 501(c)(3) non-profit organization whose mission is to help improve the quality of life of OCD sufferers and caregivers through education, research, support, and advocacy. They also fund an [OCD Challenge](#) program, a free interactive self-help tool that guides users step by step through the strategies and skills needed to manage OCD symptoms.

<https://peaceofmind.com>

The National Alliance for Caregiving (Circle of Care: A Guidebook for Mental Health Caregivers)

1-301-718-8444

Designed to guide unpaid friends, family, and neighbors who care for someone with a mental health condition.

www.caregiving.org/circleofcare

<https://www.caregiving.org>

The JED Foundation

Mission is to protect emotional health and prevent suicide for our nation's teens and young adults. JED partners with high schools and colleges to strengthen their mental health, substance abuse and suicide prevention programs and systems.

<https://www.jedfoundation.org>

Stamp Out Stigma

National Mental Health Observances

Mission to reduce the stigma surrounding mental illness and substance use disorders. This campaign challenges each of us to transform the dialogue on mental health and addiction from a whisper to a conversation.

<https://abhw.org/stampoutstigma/wp-content/uploads/2019/08/Stamp-Out-Stigma-2019-Observance-Calendar.pdf>

Kern Family Healthcare

Committed to providing high quality health care coverage to families throughout Kern County.

<https://www.kernfamilyhealthcare.com/>

Pacific Health Education Cognitive Center

Offers psychiatric and medical evaluations, comprehensive psychotherapy, medication management, children and adolescent mental health.

<https://pheccinc.com/>

California Black Women's Health Project

1-310-412-1828

Seek to empower women to become active participants in improving their health status and committed to advocating for policies and practices that promote & improve physical, spiritual, mental and emotional well-being of Black women and girls in California.

<https://www.cabwhp.org>

MENTAL HEALTH, REHAB & COUNSELING SERVICES

Behavioral Health Treatment Facility Locator

Helps you find a facility nearest you in your state. It's a confidential and anonymous source of information for persons seeking treatment facilities in the United States or U.S. Territories for substance abuse/addiction and/or mental health problems.

<http://findtreatment.samhsa.gov>

Bakersfield Behavioral Healthcare Hospital

Designed to treat children, adolescent, and adults struggling with mental illness, substance misuse and dependence disorders

<https://www.bakersfieldbehavioral.com/>

Crestwood Behavioral Healthcare Hospital

Provides innovative programs based on a commitment to providing mental health clients a continuum of care that puts them on the road to recovery.

<https://crestwoodbehavioralhealth.com/location/bakersfield/>

Psychiatric Wellness Center

Serving patients who struggle with mental disorders.

<https://psychwellnesscenter.com/>

Anne Sippi Clinic

Innovative treatment services for disorders such as schizophrenia, schizoaffective disorders, personality disorders, co-occurring disorders and developmental challenges.

<http://annesippiclinic.com/>

All Treatment

1-877-220-6588

Provides an online treatment center directory, addiction information, and resources.

<https://www.alltreatment.com>

Cultural Therapy

To connect people who belong to racially and ethnically diverse groups with culturally affirming mental health providers who understand their unique histories and needs.

<https://culturaltherapy.health>

Mental Health Screening

Taking a mental health screening is one of the quickest and easiest ways to determine whether you are experiencing symptoms of a mental health condition. After the online screening, you will be provided with information, resources and tools to discuss the results with a provider.

<http://screening.mentalhealthamerica.net/screening-tools>

Addiction Center

1-844-217-2169

Help you find treatment & a drug rehab center based on your location, budget, and specific needs.

<https://www.addictioncenter.com>

Alcohol Addiction Center

A free, web-based resource helping to bring education and information to the world about alcohol addiction. It is their hope that with increased awareness, more & more people will get the help that they need.

<https://alcoholaddictioncenter.org>

National Council on Seniors Drug & Alcohol Rehab

1-877-888-0552

Provide information, resources and treatment for care providers and seniors battling addiction and related conditions.

<https://rehabnet.com>

Rehab Spot

1-844-286-0953

Helps those struggling with addiction and their families find the information, support, and resources needed to get help.

<https://www.rehabspot.com>

Aegis Treatment Centers

Use evidence-based therapy techniques, medication assisted treatment, and support groups tailored to the needs of the patients

<https://aegistreatmentcenters.com/clinic/aegis-bakersfield/>

Advanced Medical Psychiatric

661-377-0439

Clinica Sierra Vista

Offers a variety of medical, dental, behavioral health and community services that enrich the lives of their patients.

<https://www.clinicas ierravista.org/>

College Community Services

Specializes in behavioral health and integrated care services in community and home settings.

<https://www.ccskern.com/>

DetoxRehabs

1-888-694-3198

Offers an extensive list of detox centers, rehab programs, and treatment facilities to choose from. They also have rehabilitation consultants standing by to assist you. Simply fill out the contact form or call our toll-free number to speak with a live person.

<http://detoxrehabs.org>

TalkSpace

Provides affordable, confidential and anonymous online therapy with a professional licensed therapist. You can message your therapist anytime and anywhere from your smartphone or the web.

www.talkspace.com

Military OneSource

1-800-342-9647

Offers a wide range of individualized consultations, coaching and counseling for many aspects of Military Life. Serves those in the military, military families, and the global military community. Available 24 hours a day, 365 days a year... all calls are confidential.

<http://www.militaryonesource.mil>

Therapy For Latinx

Committed to making mental health accessible through the use of technology for the Latinx community.

<https://therapyforlatinx.com>