

BAKERSFIELD REGIONAL CAMPUS

10800 Stockdale Hwy Bakersfield, CA 93311

Disclaimer: We cannot offer any guarantee regarding the quality of these providers' services. Please use your judgment when selecting a provider to utilize.

24-HOURS HOTLINE CRISIS NUMBERS

Suicide Prevention Lifeline

24-hour, toll-free, confidential suicide prevention hotline available to anyone in suicidal crisis or emotional distress.

Contact: 800-273-8255

National Domestic Violence Hotline

Everyone deserves relationships free from domestic violence. When you are ready, they are here to listen with confidential support.

Contact: 800-273-8255

National Sexual Assault 24-Hour Hotline

The National Sexual Assault Hotline is a safe, confidential service. A trained staff member will provide support through listening and sharing resources.

Contact: 800-273-8255

SAMHSA's National Helpline

The helpline provides 24-hour free and confidential treatment, referrals and information about mental and/or substance use disorders, prevention, and recovery in English and Spanish.

Contact: 1-800-662-4357

Crisis Text Line

The Crisis Text Line serves anyone, in any type of crisis, providing access to free, 24/7 support and information via text. A live, trained Crisis Counselor receives the text and responds quickly.

Contact: 1-800-662-4357

Veterans Crisis Line

The Veterans Crisis Line connects veterans in crisis (and their families and friends) with qualified, caring Department of Veterans Affairs responders through a confidential, toll-free hotline, online chat, or text.

Contact: 1-800-273-8255 Press 1

Vets4Warriors

Vets4Warriors provides confidential personalized peer support by phone or chat 24 hours a day, 7 days a week. Open to active duty, National Guard and Reserve service members, veterans, retirees, and their families/caregivers.

Contact: 1-855-838-8255

Trans Lifeline

Trans Lifeline's Hotline is a peer support service run by trans people, for trans and questioning callers.

Contact: 877-565-8860

MENTAL HEALTH SERVICES

Pacific Health Education Cognitive Center- <https://pheccinc.com/>

The Pacific Health Education Cognitive Center offers the following services: Partial hospitalization, comprehensive mental health treatment, individualized therapy, group therapy, education, recreation and activity therapy, occupational therapy, crisis intervention and family counseling.

Contact: (661) 282-9027

Location: 5300 California Ave Ste 220 Bakersfield, CA 93309

Specialty: Individuals diagnosed with anxiety, PTSD, bipolar disorder, depression, or schizophrenia can apply for help.

Rates/Insurance: Medicare and some healthcare insurances cover these mental health services.

NAMI Kern County- <https://namikerncounty.org/who-we-are/>

NAMI Kern is an affiliate of NAMI California. They are a grassroots 501(c)3 nonprofit corporation made up of families, friends, professionals, students and individuals living with mental illness. NAMI Kern County provides the following services: support groups, education classes, directory of resources, Community Assistance Fund, resources for transitional aged youth, and senior care resources.

Contact: (661) 858-3255

Specialty: NAMI Kern County provides support, education, and advocacy for people with mental illness, their family and friends.

CSUB University Counselor Training Clinic- <https://www.csub.edu/psychology/mscounselingpsych/uctc/>

The Clinic is open during the school year, Monday through Thursday, in the afternoons and evenings. They are closed in December and during the summer. Staff generally begin taking appointments in early August.

Contact: (661) 654-3402

Location: 9001 Stockdale Highway, Bakersfield, CA 93311-1022

Specialty: Stress management, career counseling, coping strategies, couple communications, development transitions and issues, life skills problems, parenting concerns, children and families, and problems of everyday life.

Rates/Insurance: \$25 for the first session. \$15 per session thereafter. No clients will be denied services because of their current inability to pay.

Behavioral Health & Recovery Services- <https://www.kernbhrs.org/>

Behavioral Health & Recovery Services provides numerous mental health/substance abuse resources, including crisis services, to individuals within Kern County.

Contact: The Access and Assessment Center- (661) 868-8080

Crisis Hotline- 1-800-991-5272

Suicide Prevention Hotline- 1-800-273-8255

Substance Use Division Access Line- 1-866-266-4898

Specialty: Adult services, children's services, crisis services, substance use services,

Rates/Insurance: Varies per program

Clinica Sierra Vista- <https://www.clinicasierravista.org/>

Clinica Sierra Vista is a comprehensive healthcare organization, serving the primary medical, dental and behavioral health needs of about 200,000 people in Kern, Fresno and Inyo counties.

Contact: Please see website for contact information (multiple locations)

Rates/Insurance: Varies per service

Bakersfield Behavioral Healthcare Hospital- <https://www.bakersfieldbehavioral.com/>

Bakersfield Behavioral Healthcare Hospital is an acute psychiatric 90 bed facility. They offer specialized units for children (ages 5-12), adolescents (ages 13-17) and adults (ages 18+) with mental/behavioral health and/or substance use problems.

Contact: 1-877-755-4907

Location: 5201 White Lane Bakersfield, CA 93309

Specialty: Inpatient, outpatient and intensive mental health and/or chemical dependency programs.

Rates/Insurance: Bakersfield Behavioral Healthcare Hospital accepts most PPO and HMO Insurances, as well as Medi-Care and Medi-Cal.

Kern Healing Connections- <https://www.kernhealingconnections.com/>

Kern Healing Connections is a database of holistic practitioners within Bakersfield and the surrounding areas of Kern County.

Specialty: Support for health of mind, body, spirit, and environment.

Rates/Insurance: Varies per provider.

DOMESTIC VIOLENCE & SEXUAL ASSAULT

Alliance Against Family Violence and Sexual Assault- <https://kernalliance.org/>

The Alliance Against Family Violence and Sexual Assault serves women, men, teens, and children who are survivors of domestic violence and sexual assault. They provide the following services: emergency shelter and food, hospital accompaniment, transitional housing, licensed childcare, counseling, child abuse treatment program, human trafficking victim advocacy, support groups, court accompaniment and legal advocacy, assistance with restraining orders, employment and housing search, education and job skills training, case management, self-defense classes, sexual assault response team.

Contact: (661) 322-0931

24-Hour Crisis Hotline- (661) 327-1091 or toll free (800) 273-7713

Location: 1921 19th St Bakersfield, CA 93301

Alpha House- <http://www.alphahouse.us/>

Alpha House is a safe haven for women and children in western Kern County. They provide the following services: 24-Hour Crisis Help Line, case management, mentoring programs, a safe haven with 24 hour admissions, domestic violence and sexual assault prevention education for the community.

Contact: 661-763-4357

RESOURCES FOR VETERANS

California Veterans Assistance Foundation- <https://www.cavaf.org/>

CVAF serves veterans and other individuals and their families who are homeless, at risk, and low income. To restore and improve lives by alleviating homelessness through information, advocacy, and service.

Contact: (661) 873-4600

Location: Address varies based on service

Specialty: CVAF provides the following services- health care assessment, wellness education, referrals for psychological assessments, veterans benefits counseling, vocational assessment and training, sobriety maintenance, referrals for PTSD, job service, psychosocial assessment, case management, housing assistance, life skills computer classes, time management, anger management, assertiveness training and family issues.

Rates/Insurance: Varies.

Military One Source- <https://www.militaryonesource.mil/>

Military One Source is a hub for information, documents and products that will assist veterans and their families.

Contact: 800-342-9647

U.S. Department of Veterans Affairs App Store- <https://mobile.va.gov/appstore/all>

The U.S. Department of Veterans Affairs App Store is a compilation of dozens of apps, including those create specifically for veterans.

LEGAL RESOURCES

Greater Bakersfield Legal Assistance, Inc- <https://www.gbla.org/>

Greater Bakersfield Legal Assistance, Incorporated (GBLA) offers free legal services in civil matters to eligible low-income persons residing within our service area in Kern County.

Contact: (661) 325-5943

Location: 615 California Ave Bakersfield, CA 9330

Rates/Insurance: Varies

HOUSING

Bakersfield Homeless Center- <https://bakhc.org/>

Bakersfield Homeless Center creates a strong safety net for homeless and at-risk families by providing a broad continuum of services which begins with basic shelter. Once crisis needs are met, programs are offered to foster self-sufficiency. They provide shelter today and the tools needed to independently maintain housing for a lifetime.

Contact: (661) 322-9199

Location: 1600 E. Truxtun Ave Bakersfield, CA 93305

The Mission at Kern County- <https://thebrm.org/index.html>

The Mission at Kern County is the community's largest provider of emergency shelter services. Providing comprehensive care to those experiencing homelessness. We serve three meals every day, offer a safe place to sleep, and provide access to hygienic services including showers and medical care. **This provider is religious based.**

Contact: (661) 325-0863

Location: 816 East 21st Street Bakersfield, CA 93305

Housing Authority- <https://kernha.org/>

The Housing Authority is an independent, local government agency providing safe, affordable housing to thousands of Kern County residents through special programs serving families, individuals, senior citizens, Veterans, the disabled, homeless persons, farm workers and emancipated foster youth. Our mission is to improve the quality of life for low-income residents of Kern County by providing safe, affordable housing and assisting residents towards self-sufficiency and home ownership.

Contact: (661) 631-8500

Location: 601 24th Street FRNT Bakersfield, CA 93301

SELF HELP RESOURCES

The Peers Guide to Behavioral Health Apps- <https://www.kernbhhs.org/appguide>

This guide has been “tested and suggested” by Kern Behavioral Health and Recovery Services Consumers. This guide (provided in English and Spanish) provides information on apps for behavioral health & wellness, the mind, the body, recovery, veterans and sleep.

Rates/Insurance: Prices vary per app.

Kern County Alcoholics Anonymous- <https://kerncountyaa.com/home/>

Kern County Alcoholics Anonymous is a group of fun-loving individuals eager to help heal all willing to seek a new way of life.

Contact: (661) 322-4025

Rates/Insurance: Free

Al-Anon and Alateen- <https://al-anon.org/>

Al-Anon is a mutual support program for people whose lives have been affected by someone else’s drinking. Alateen, a part of the Al-Anon Family Groups, is a fellowship of young people (mostly teenagers) whose lives have been affected by someone else’s drinking whether they are in your life drinking or not.

Contact: (661) 322-1102

Rates/Insurance: Free

Narcotics Anonymous (NA)- <https://www.na.org/>

NA is a nonprofit fellowship of individuals who meet regularly to assist each other to remain sober.

Contact: (661) 869-3356

Rates/Insurance: Free

Mental Health America Support Groups Resources- <https://mhanational.org/find-support-groups>

Mental Health America compiled a list of resources including specialized support groups.

Grief.com- <https://grief.com/>

Grief.com is dedicated to help everyone deal with the often unknown terrain that comes along with all kinds of grief. Through education, information and other helpful resources we hope to make the challenging road of grief a little easier.