

Maternal Mental Health Community Resources

Bakersfield Memorial Hospital

**Postpartum Support International (PSI)**

* Warmline at (800) 944-4773, in Spanish and English, is a toll-free telephone number anyone can call to get basic information, support and resources. Dial extension 1 for Spanish and extension 2 for English. The warmline messages are returned every day of the week.
* Postpartum Support International website: http://[www.postpartum.net](http://www.postpartum.net)

**211**

* 211 Kern County Mental Health Resources offers local resources and support groups for those facing depression. Call 2-1-1 (then option 1 for mental health services.)
* Local 211 website: http://[www.211kerncounty.org](http://www.211kerncounty.org)

**Counseling Services**

* To access individual or family counseling using your health insurance benefits, call the “mental health benefits” number on your insurance card for referral to providers who accept your insurance. You can also access the website for your behavioral health insurance carrier to search for providers in your area and with the specialties you require.
* If you are covered by Medi-Cal and you live in Kern County, call Kern County Mental Health Services at (661) 868-8123 to access counseling or psychiatry services.
* County Mental Health website: http://[www.kernmentalhealth.org](http://www.kernmentalhealth.org)

**In an Emergency**

* The Kern County after-hours (Crisis Hotline) number is 1 (800) 991-5272; available 24/7.
* Call the National Suicide Prevention Hotline: 1 (800) 273-8255 for yourself or someone you care about; free and confidential; available 24/7.
* Call 9-1-1